

# Are you tired of feeling tired?

The National Sleep Foundation found that about 70 million Americans suffer from chronic sleep problems. If you – or someone you love – experience excessive snoring, insomnia, extreme daytime sleepiness, or abnormal sleep movements, you could be one of them.

Sleep disorders can not only rob you of energy but also have a serious impact on your health and quality of life. Chronic lack of sleep can increase blood pressure, contribute to stress and weight gain, lower your sex drive and affect your judgment, leading to accidents and poor work performance. It's also tied to a number of chronic diseases, such as depression, diabetes, congestive heart failure and stroke.

## A sleep test at Samaritan's Sleep Center can help.

An overnight sleep study at the Sleep Disorders Center of Northern New York at Samaritan can identify the cause of your restless nights. Accredited by the American Academy of Sleep Medicine, we provide testing and treatment for more than 80 recognized sleep disorders. Overnight sleep studies are offered seven nights a week, by our professional and caring staff whose combined experience totals more than 50 years.



## What happens during a sleep test?

A sleep test is usually performed overnight, allowing us to monitor your sleep patterns. Before you go to sleep, a specially trained technologist will apply sensors, which measure your brain activity, eye movements, heart rhythm, breathing effort, muscle activities, and oxygen levels while you sleep ... completely pain free.

While you may think that sleeping with these devices will be difficult, most patients fall asleep very easily. The next morning, the technologist will unhook the sensors, and you will be able to resume your daily activities.

Your sleep test will be analyzed by a Board-certified sleep disorder physician who will then recommend treatment.

## What should I bring to the sleep test?

The Sleep Center provides a cozy, quiet atmosphere with many of the comforts of home. Each of our private rooms is equipped with a queen-sized bed, television and other amenities. We recommend that you bring the same items as you would for a stay at a hotel:

- Comfortable pajamas
- A change of clothes for the morning
- Your own pillow, if you'd like
- Medications, if necessary

***Before your sleep test, our staff will provide you with full explanations of all the testing procedures. You are encouraged to ask any questions you may have.***

## What is the difference between a Sleep Center and a Sleep Lab?

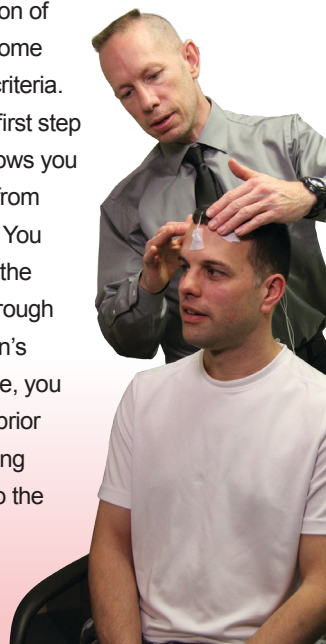
Our Sleep Center is not just a sleep lab like many other area facilities. The difference is simple but important: sleep labs only test for breathing disorders like sleep apnea. Our Sleep Center can provide testing and treatment for more than 80 sleep disorders.

## What about children?

Sleep disorders can affect children. Children who have a sleep disorder may have difficulty staying on task, hyperactivity and mood swings when they are tired. Sleep disorders in children can also complicate other medical conditions, such as epilepsy, autism, and asthma. The Samaritan Sleep Center is the only facility in the area that offers sleep testing for children as young as 8 years old.

## Can I have a sleep test at home?

The Sleep Center offers the option of Home Sleep Testing (HST) for some patients who meet the medical criteria. HST is a reliable, fast and easy first step in diagnosing sleep apnea. It allows you to use home testing equipment from the Sleep Center in your home. You can pick up the equipment from the Sleep Center after receiving thorough instruction from one of Samaritan's registered technologists. At home, you apply the sensors as instructed prior to going to sleep, and the following morning, return the equipment to the Sleep Center for analysis.



## Are you getting enough sleep?

# Sleep Disorders Center of Northern New York

Although millions of Americans suffer from sleep disorders, many don't know it – or they don't take them seriously enough to seek treatment. It's important to realize that diagnosing and treating your sleep problems can significantly improve your overall quality of life.

### Common symptoms of sleep disorders include:

- Having trouble staying awake during the day
- Difficulty falling or staying asleep
- Making loud snoring or snorting sounds when you sleep
- Waking up during the night with the sensation that you are choking or gasping for air
- Waking up un-refreshed after 7-8 hours of sleep
- Waking up with headaches
- Kicking your partner during the night
- General moodiness, depression or irritability

If you are experiencing any of these warning signs, talk to your doctor and ask to be referred to the Sleep Disorders Center of Northern New York. Most sleep disorders can be treated effectively so you can be more alert and energetic throughout your day.



### Is this covered by my health insurance?

Most healthcare insurance plans provide coverage for all or part of sleep testing and treatments for sleep disorders. However, coverage and policies can change frequently. Please be sure to check with your insurance company prior to making an appointment.

### Make an appointment with a physician referral!

If you think you may have a sleep disorder, talk to your doctor and ask about the Sleep Disorders Center of Northern New York. With a physician referral, you can schedule an appointment by calling:



**315-786-4930**

American Academy of Sleep Medicine  
Accredited since 1999

