

Sleep Lab SERVICES

When should you visit with your doctor about a possible sleep disorder?

If you answer "YES" to two or more of the following questions you just may have a sleep disorder. It may be a good idea to schedule an appointment with your physician and share your concerns.

1. Do you have trouble falling asleep at night?
2. Do you wake often during the night?
3. Do you wake too early in the morning?
4. Do you always feel sleepy, even after a "full" night's sleep?
5. Do you snore loudly?
6. Has anyone noticed you stop breathing during sleep?
7. Do you often walk or talk in your sleep?
8. When falling asleep, do you feel paralyzed or unable to move?
9. Do you have nightmares or find yourself hallucinating?

Well into the future



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Understanding

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The Sleep Center at Columbus Community Hospital

Insomnia. Sleeping pills are not the right answer.

Are you continually having problems falling asleep, staying asleep, or waking up too early for no apparent reason? You may be experiencing signs of insomnia.

Common symptoms of insomnia include:

- Daytime fatigue or sleepiness
- Impaired memory
- Daytime irritability
- Inability to concentrate

Having difficulty sleeping and staying asleep becomes more common as you get older. But that doesn't mean that insomnia can't be avoided. We can help you determine what's causing your insomnia and get you back to a good night's rest.

Sleep Apnea. Snoring is a major clue

Has someone told you that you snore loudly? Do you find yourself waking up in the morning feeling tired, even after a full night's sleep? If so, you may have sleep apnea.

Sleep apnea is a disruption of breathing where you experience brief periods throughout the night when breathing actually stops. Because of this disruptive breathing, you can awaken hundreds of times a night without realizing it. When morning comes, you're still extremely sleepy and don't really know why.

The most common symptoms of sleep apnea are:

- Loud snoring
- Periods of not breathing (apnea)
- Not feeling rested when you wake up in the morning
- Abnormal daytime sleepiness, including falling asleep at inappropriate times.
- Morning headaches
- Limited attention
- Memory loss
- Lethargy

When untreated, sleep apnea can lead to serious health problems. Sleep apnea has also been linked to high blood pressure, chronic heart strain and failure, stroke, and even sudden death. The good news is that sleep apnea is treatable and we can get you back to feeling refreshed and ready to face each new day.

Restless Leg Syndrome. Comfortably "put your feet up" again

Do your legs sometimes feel extremely uncomfortable while you're sitting or lying down?

Do you experience unusual sensations or twitches, especially at night, and find yourself getting up and moving around just to make it go away?

You just might have Restless Leg Syndrome. We can help you get back to resting comfortably.



For more information call 920-623-1244 or 800-549-7511

If you're experiencing ongoing problems with your sleep, give us a call. We'll help you understand your condition and how to take care of it.

An occasional sleep problem is usually nothing to worry about. In fact, nearly everyone experiences a poor night's sleep at one time or another. But if the problem continues, it's probably a good idea to take steps to find out why. Sleep disorders affect approximately 40 million Americans – but only 5% of these are diagnosed and treated.

There are more than 80 different sleep disorders that can limit your quality of life and result in poor health. We can help diagnose and treat you or someone you love who has a sleep disorder and we do it right here, conveniently close to home.

We won't rest until you do.

Connected

TO YOU AND THE COMMUNITIES WE SERVE

