



## YOU'RE NOT ALONE!

- 1 in every 15 Americans is affected by sleep apnea.
- 1 in every 50 Americans has an **undiagnosed** sleep disorder.
- People that have an untreated case of sleep apnea face a risk of stroke that is **four** times higher than those who are not afflicted.
- Untreated sleep apnea sufferers are also **three** times as likely to have heart disease.
- Half of all sleep apnea sufferers face a diagnosis of hypertension.
- The Highway Safety Commission estimates that 40,000 people die each year due to falling asleep while driving.
- The Department of Transportation estimates that 550 sleep-related accidents occur every day.

**Most sleep disorders are easily diagnosed and treated. The testing process usually can be completed in one night.**



## SLEEP SOUND SLEEP HEALTHY

If you feel you have a sleep disorder or a problem with chronic sleepiness or snoring, please consult your physician.

Stewart Memorial Community Hospital is committed to providing quality health & wellness to you and your family.

**Choose local, choose excellence, choose Stewart Memorial!**

### GRIEVANCES CAN BE REPORTED TO

#### ACHC

139 Weston Oaks Court  
Cary, NC 27513  
(919) 785-1214

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-712-464-4203.

**注意:** 如果您使用繁體中文, 您可以免費獲得語言援助 務。請致電 1-712-464-4203.

Respiratory Therapy  
(712) 464-4239



STEWART MEMORIAL  
COMMUNITY HOSPITAL

# SLEEP STUDIES

[WWW.STEWARTMEMORIAL.ORG](http://WWW.STEWARTMEMORIAL.ORG)

# THE SLEEP STUDY

A sleep study, known as a **polysomnogram**, is required to establish the presence of most sleep disorders including sleep apnea, periodic leg movements, narcolepsy, restless leg syndrome and more.

During a full sleep study, the patient's brain wave activity, eye activity, heart rate, airflow from the mouth and nose, chest and abdomen movement, blood oxygen levels, body position, and muscle movements are all monitored. This is accomplished in a pain-free manner, with the use of patches and belts.

Depending on your insurance coverage, Stewart Memorial also offers **AT-HOME** sleep studies, in which patients can sleep at home. Our sleep techs provide a tutorial about how to wear and use the monitoring device.

# SLEEP APNEA

Sleep apnea is one of the most common and potentially life-threatening sleep disorders. It occurs when a cessation of breathing lasts 10 or more seconds during sleep, leading to a drop of oxygen in the blood and an interruption in sleep patterns.

## RISK FACTORS INCLUDE:

- Diabetes
- Lung disease
- Age 65+
- Large neck girth
- Anatomic abnormalities like large tonsils, recessed jawline, etc.
- Obesity
- Male gender
- Family history
- Regular alcohol or sedative use
- High blood pressure

# EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.

Use the following scale to choose the **most appropriate** number for each situation:

- 0:** Would never doze
- 1:** Slight chance of dozing
- 2:** Moderate chance of dozing
- 3:** High chance of dozing

Sitting and reading	_____
Watching television	_____
Sitting inactive in a public place	_____
As a passenger in a car for an hour	_____
Lying down to rest in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch without alcohol	_____
In a car while stopped in traffic	_____
<b>TOTAL SCORE</b>	_____

*If your total score is equal or great than ten, or if any individual response is a score of 3, please consult your primary care doctor. Further evaluation of your sleepiness may be necessary to rule out significant sleep disturbances.*

**Stewart Memorial's Sleep Study program has been accredited by the Accreditation Commission for Health Care.**

**Our patient satisfaction rate is over 90 percent!**



# FAQ

## WHERE WILL I SLEEP?

Our sleep rooms are equipped with full-size, comfortable beds and private bathrooms. You may sleep in your regular positions during the test, and use the bathroom as frequently as needed.

## CAN I TAKE MY REGULAR MEDICATIONS?

Yes - please continue using any medications you currently take, unless otherwise directed by your physician.

## HOW LONG DOES THE TEST LAST?

Six hours of recorded sleep are recommended to make an accurate diagnosis. Generally, patients can return to work the next morning.

## WHAT IF MY TEST INDICATES A SLEEPING PROBLEM?

A physician will consult with you regarding your results and treatment options.