

## Who Can Refer You To A Sleep Disorders Center?

It is recommended that you first see your family physician, who will arrange for a consultation and evaluation with our medical director.

## What About Cost?

A fee is charged for initial consultation and evaluation. Any additional cost will depend on the type of testing required. Most health care plans provide coverage for all or part of the treatment for sleep disorders. We suggest that you check your insurance coverage before services are provided.

## Where Is The Center?

Sleep studies are completed at the Southview Sleep Disorders Center in the Neurology Rehabilitation building located on the Southview Hospital Campus near the Dayton Mall.



**Southview Sleep Disorders Center**

*Kettering Health Network*

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# What Is A Sleep Disorder?



You feel sleepy all day, even though you've had a "good" night's sleep. Or you have trouble falling asleep. Or staying asleep. Maybe you snore loudly enough to annoy those around you.

If so, you may suffer from a sleep disorder, a condition that interferes with regular, rejuvenating sleep — a condition that can affect you both physically and emotionally.

**But now there is help . . . from the Southview Sleep Disorders Center**  
**(937) 723-5835**



## What is the Sleep Disorders Center?

The Sleep Disorders Center is a specialized medical facility staffed by physicians and other professionals experienced in diagnosing and treating sleep-related disorders.

## What Are Some Common Sleep Complaints?

**Excessive daytime sleepiness** is a common symptom with many causes, including sleep apnea syndrome, periodic leg movements, medications and chronic insufficient sleep.

**Insomnia**, the chronic inability to sleep, also has many causes, including chronic depression or temporary stress; noise; breathing disorders or temporary pain; and improper use of sleeping pills and alcohol.

**Narcolepsy** symptoms include excessive daytime sleepiness and muscular weakness brought on by sudden emotional reactions such as being frightened or laughing. Narcoleptics may experience terrifying dreams or hallucinations as they are falling asleep. This life-long disorder, while incurable, can be helped with medications.

**Periodic Leg Movement** is a bothersome sleep disorder which causes leg jerks during sleep. People who suffer from periodic leg movements may not get proper rest and

may complain of insomnia or excessive sleepiness. In some cases, the individual may have no sleep complaint.

**Sleep Apnea** symptoms include heavy snoring, excessive daytime sleepiness, high blood pressure and episodes of stopped breathing (apneas) during sleep. Apneas last from 10 to 90 seconds and may occur several hundred times a night. This condition is often found in middle-aged to older men, but can develop at any age and occurs less frequently in women.

**Oxygenation problems** may be experienced by people who have chronic breathing problems or lung disease whose symptoms worsen during sleep.

**Nightmares and Night Terrors** are frightening dream experiences. Nightmares can later be recalled, while night terrors are seldom recalled. Nightmares may occur at any age, while night terrors generally disappear after adolescence.

**Sleepwalking and Sleepwalking** are frequently seen in childhood. Sleepwalkers should be protected from injury by removing potential dangers from their bedrooms. Sleepwalking is usually incomprehensible and rarely of psychological significance.

## What Should You Expect?

Your physician may ask you to be evaluated by a physician specializing in sleep disorders. This physician will take your medical and sleep history, review your symptoms, and decide what diagnostic tests are required. Your physician may decide to have a sleep study done first and confer with a sleep specialist later, if needed. The principle diagnostic tool is called polysomnography, a non-invasive form of testing in which electrical sensors, attached by wires to monitoring devices, document your sleep patterns, breathing, heart rate and other variables.

