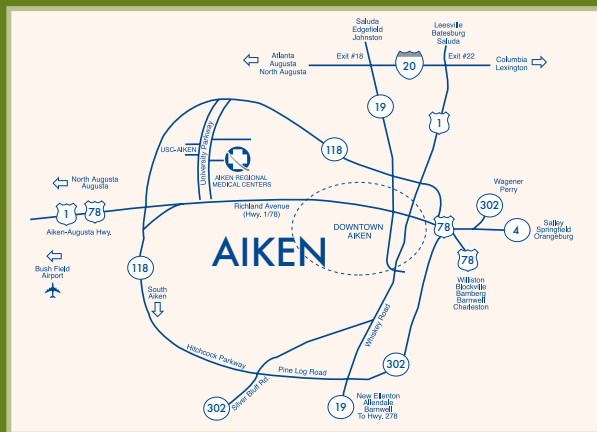




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*At Aiken Regional
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For more information, contact the Sleep Evaluation Center at Aiken Regional Medical Centers at 803-641-5370.



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The help you need...

Sleep Evaluation Center at Aiken Regional Medical Centers

If you wake up tired every morning, are sleepy or irritable all day and can't get to sleep at night, you may have a sleep disorder. Lack of sleep can cause poor concentration and poor job performance. In addition, it leads to more than 56,000 car accidents each year and more than 1,500 traffic deaths. Chronic sleep disorders can also lead to other physical conditions, such as hypertension, heart attack or stroke.

Fortunately, the Sleep Evaluation Center at Aiken Regional Medical Centers can help.

Common Sleep Disorders

There are dozens of different sleep disorders but among the most common are:

- ⊕ Sleep apnea
- ⊕ Sleepwalking
- ⊕ Sleep talking
- ⊕ Restless leg syndrome
- ⊕ Excessive sleepiness due to problems with sleep scheduling
- ⊕ Insomnia

Sleep apnea can be one of the most serious disorders because left untreated, it can be associated with high blood pressure, heart failure and stroke.

Obstructive sleep apnea generally occurs when the soft tissue in the back of a person's throat collapses in the airway as he or she sleeps. The person then stops breathing, often hundreds of times each night. Among the symptoms of sleep apnea are:

- ⊕ Snoring so loud that it wakes the bed partner or can be heard in other rooms.
- ⊕ Sudden silences during which the person stops both snoring and breathing, followed by gasping and snorting as breathing starts again.
- ⊕ Excessive sleepiness during the day.
- ⊕ Morning headaches.

Restless leg syndrome occurs when a person has muscle twitches in their calves, thighs, and ankles throughout the night, causing restless sleep and excessive tiredness during the day.

If you have one or more of these symptoms, you should make an appointment to discuss them with your physician.

Insurance and Fees

Medicare and most insurance plans generally cover sleep study tests. Contact your insurance company to verify your coverage, or ask our business office for assistance.

Do you have a sleep disorder?

These symptoms are disturbing to you and your partner, but they also may be signs of a sleep disorder that can affect your physical health and wellbeing. You may have a sleep disorder if you:

- ⊕ Snore loudly
- ⊕ Gasp or choke while sleeping
- ⊕ Feel sleepy or doze off while watching TV, reading or driving
- ⊕ Have difficulty sleeping three nights a week or more
- ⊕ Feel unpleasant tingling or nervousness in your legs when trying to sleep
- ⊕ Wake up with a headache

If you answered yes to one or more of the above statements, you should make an appointment to discuss your sleep difficulties with your physician. For more information contact the [Sleep Evaluation Center at Aiken Regional Medical Centers at 803-641-5370.](#)



Getting the care you need.

If you think you may have sleep apnea or another sleep disorder, talk to your primary care physician about your concerns. He or she can refer you to the Sleep Evaluation Center to be scheduled for an overnight sleep study. The sleep study will provide your physician with information about how you breathe and sleep. This data will help your physician identify the type and severity of your sleep disorder and can also help to determine your treatment options.

To complete a sleep study test, you'll spend the night at the Sleep Evaluation Center at Aiken Regional Medical Centers. The center has four private, spacious bedrooms and each features a comfortable, homelike environment with a full-sized bed, recliner, cable television and a DVD/VCR player.

You'll be told when to report to the hospital and what to bring with you. A few days before your test, you'll receive a questionnaire, which you'll need to complete and bring with you the night of your sleep study.

Before you go to sleep, a technician will place small electrodes, or sensors, on several locations on your body. The sensors will record your body movements, brain waves, heart rate, airflow, breathing and blood/oxygen levels. They will not restrict your movement or cause discomfort. The technician will remain in an adjacent room throughout your test and will wake you in the morning.

The results of your test will be sent to a physician who specializes in interpreting sleep studies. A report that includes a summary of your test results and the sleep specialist's interpretation will be sent to your physician, who can discuss the results and treatment options with you.