



# Sleep Center



Accredited by the  
American Academy of Sleep Medicine



## Sleep loss. Some eye-opening facts.

You feel tired all the time.  
You find it hard to focus, even on  
easy, everyday tasks. When you  
sleep, you snore heavily. All these  
may indicate a sleeping disorder.  
And these symptoms could be  
putting you at a great health risk.  
You need to seek immediate  
professional help.



OaklawnHospital

Sleep Center

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OaklawnHospital

ADVANCING MEDICINE  
COMPASSIONATE CARE

# Sleep Center



*“We will discuss your sleep habits, lifestyle and health history to get at the root of the problem.”*



## Do you or your partner have a sleep disorder? Here's a simple test.

- \* Do you snore?
- \* Are you sleepy during the day?
- \* Are you overweight?
- \* Do you have high blood pressure?
- \* Are you irritable, fatigued, or have difficulty concentrating?
- \* Do you find it hard to stay awake while driving, watching TV, reading a book, or attending a meeting?
- \* Do you ever wake up choking or gasping for air, or have a skipping or racing heartbeat during the night?
- \* Has anyone ever watched you sleeping and told you that you gasp, snort, or hold your breath during sleep?



Do any of these sound familiar? You may be suffering from sleep apnea, a condition that can cause debilitating sleepiness, increase the chance of accidents, and even lead to health complications. Or you may have narcolepsy or chronic insomnia, both conditions that can greatly impact your everyday life.

## Helping you rest easy.

Millions of people suffer from sleep disorders, many needlessly. At the Oaklawn Hospital Sleep Center, we offer a special testing program to assess and treat sleep disorders. This program is offered in a setting separate from the hospital in a quiet, private and comfortable environment. The center offers both daytime and nighttime sleep testing, depending on your needs. Here our experienced professionals will spend time with you to discuss your sleep habits, lifestyle, and health history to get at the root of the problem.

## We take a closer look.

At the Oaklawn Hospital Sleep Center, our friendly staff go to great lengths to make you feel at ease. Often, you will spend the night. During the course of your sleep study, we will continuously monitor your brain waves, blood oxygen levels, heart rhythms, breathing, eye movements, and muscle activities.

In so doing, we will be able to accurately diagnose the problem and then recommend an effective treatment.



## You're probably covered.

Unlike most sleep centers, *Oaklawn has been accredited by the American Academy of Sleep Medicine*. Health plans generally will provide coverage for all or part of the sleep testing and treatment that we offer. Check with your insurance provider.

## We're always here for you.

To get started, call your doctor for a referral, or stop by the center Tuesdays, 9 a.m. to noon, or Thursdays, 4 p.m. to 7 p.m., for a [free screening](#). For more information regarding the Oaklawn Sleep Center and our testing programs, please contact Oaklawn Sleep Center at (888) 288-0854.

