

## WHAT IS A SLEEP STUDY?

A sleep study is a medical diagnostic test that is designed to find out if you are getting a restful night's sleep. Observing you and recording certain information while you sleep is the only way your physician can find out if you have a sleep disorder. This test is performed in the Sleep Lab at Moore County Hospital District.

At the Sleep Lab, monitoring equipment is placed at your bedside. Sensors are placed on your head, chest, legs, and finger which are then connected to the monitoring equipment. You will experience no discomfort while these sensors are applied. The monitors will record your life signs such as brainwaves, breathing, and your snoring while you are asleep. This equipment is carefully designed to detect any abnormalities in your sleep patterns, even if you are unaware of having them.

The sleep study is completely painless. Remember that the purpose of the study is to measure the way you normally sleep. If the sleep study were to be uncomfortable in any way, your doctor could not get a normal picture of your sleep patterns. Most people find that undergoing a sleep study is a new and interesting experience.

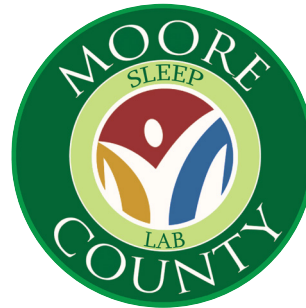
When you wake up in the morning, the sleep study will be finished. The monitors will contain an entire night's information on how you have slept. Following the analysis and interpretation of your sleep study by board certified specialists, the technician will send a printed report of your sleep patterns to your physician. If you have a sleep disorder, your physician will discuss the options available to help you get the sleep you need.

## HOW ARE SLEEP DISORDERS DIAGNOSED?

The Sleep Lab at MCHD is supplied with the special medical equipment needed to diagnose, record and document the data necessary for the evaluation of sleep patterns. The results help identify possible causes of sleep disorders and offers clues for appropriate treatment.

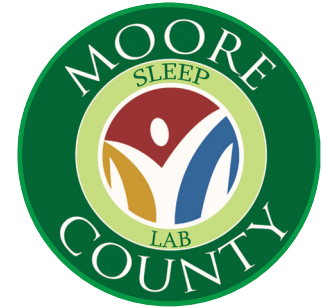
The Sleep Lab at MCHD incorporates technologically advanced monitoring & diagnostic equipment. In the interest of added comfort and convenience for patients, the Sleep Lab features comfortable rooms, convenient parking, accessible location, very prompt scheduling, and rapid turnaround of analysis and interpretation.

Ask your doctor about sleep disorders testing today!



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224 East 2nd Street  
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(806) 935-7171 x 2801

[www.mchd.net](http://www.mchd.net)



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## WHAT IS SLEEP APNEA?

Sleep apnea refers to non-breathing episodes during sleep. Loud habitual snoring accompanied by gasping, choking and pauses in breathing can indicate sleep apnea. This is a potentially life-threatening condition that does not allow the patient to receive enough oxygen during sleep. If untreated, this can result in excessive daytime sleepiness, high blood pressure, heart failure, and stroke.

The symptoms of sleep apnea can include:

- Loud irregular snoring
- Gasping for breath
- Sudden body movements before breathing restarts
- Excessive sweating during sleep
- Irregular pounding of the heart upon awakening
- Excessive daytime sleepiness
- Complaints of insomnia or lack of restful sleep
- Obesity
- Confusion or brief memory loss upon awakening
- Unexplained morning headache
- High blood pressure
- Impotence
- Personality changes

## WHAT CAUSES SLEEP APNEA?

Obstructive sleep apnea (the most common type of sleep apnea) is caused by relaxation of the upper airway muscles during sleep, and subsequent blockage of the airway by the tonsils, uvula, or fatty tissue.

## HOW IS SLEEP APNEA TREATED?

Diet and exercise may be ordered with a diagnosis of obstructive sleep apnea. The most common and effective long term treatment is NCPAP (short for nasal continuous positive airway pressure). The NCPAP apparatus (room air flow generator and nasal mask) keeps the airway open during sleep. Alternate treatments may include upper airway surgery or an oral appliance.

## WHAT IS NARCOLEPSY?

Narcolepsy is a life-long neurological disorder, primarily characterized by sudden uncontrollable sleep attacks and persistent daytime sleepiness.

Symptoms can include:

- Excessive daytime sleepiness
- Constant fatigue and dullness of mind
- Cataplexy: sudden loss of muscle tone or muscle weakness usually triggered by emotional changes
- Automatic behavior: performing tasks (usually routine in nature) without conscious thinking
- Sleep paralysis: the inability to move upon falling asleep or waking up
- Hypnagogic hallucinations: intense, vivid dreamlike experiences during wakefulness

## TREATMENT:

Treatment is available. Though narcolepsy is a life-long illness, the symptoms for most narcoleptics can be managed with a careful balance of medications, educational support, and lifestyle changes.

