PROBLEMS SLEEPING?

Sleep Issues Impact Every Aspect of Our Lives!
One out of four people suffer from sleep disorders, and some sleep disorders can be very serious.

We recognize that for sufferers of disordered sleep, the night can be a source of anguish, not rest. Sleep restores our bodies and our minds. Without it, we suffer. People who have sleep disorders may experience:

- Fatigue or daytime drowsiness
- Irritability
- Depression
- Reduced attention, concentration, and memory
- More frequent illnesses
- Lost productivity
- Workplace accidents or car crashes from falling asleep on the job or at the wheel

Sleep Disorders Include:
- Sleep Apnea
- Insomnia
- Restless Leg Syndrome
- Narcolepsy
- Other Disorders

And Can Contribute to:
- Cardiovascular Disease
- Type 2 Diabetes
- Memory Loss
- Depression
- Shorter Life Span
- Increased Body Weight
- Accidents

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Sleep Disorder Center

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Let us help you achieve a good night’s sleep and have a positive impact on the “rest” of your life.

Sleep Apnea
Sleep Apnea affects about 25 million, and people with untreated sleep apnea are 2-3 more times likely to have automobile accidents than the general population. It is now estimated that 26% of adults between the ages of 30 and 70 years have sleep apnea. Symptoms include loud snoring, pauses in breathing, gasps for breath, awakenings during sleep, and daytime sleepiness.

Snoring...An Early Warning Signal
Although many people who snore are often the target of bad jokes or elbow thrusts, snoring really is no laughing matter.

Loud snoring may be a signal that something is seriously wrong with breathing during sleep. It indicates that the airway is not fully open, and much effort is being made to force air through a narrowed passageway.

For about five in 100 people – typically overweight, middle-aged men – snoring is the first indication of a potentially life-threatening sleep disorder called sleep apnea.

The Physical or Neurological Cause of Snore...Pause...Gasp!
A person’s muscles, including those used for breathing, relax more during sleep than during waking hours. For sleep apnea sufferers, either the throat muscles relax to dangerous levels (physical causes) or they relax to a normal degree, but the brain forgets to send a message to the muscles that control breathing (neurological causes). When physical problems create this pattern, the condition is called obstructive sleep apnea, and when neurological problems create this pattern, the condition is referred to as central sleep apnea.

Insomnia
Insomnia is the most common sleep problem for America’s adults. Symptoms may be acute/short-term or chronic and include difficulty falling asleep, frequent awakenings, waking too early and cannot get back to sleep, and unrefreshed sleep.

Narcolepsy
Narcolepsy affects about one in every 2,000 people, usually striking people in their mid-teens to age 25. It is characterized by chronic neurological disorder with involuntary, excessive daytime sleepiness.

Restless Leg Syndrome
Restless Leg Syndrome, or RLS, affects as many as 12 million Americans, though some estimate that this is low due to under diagnosis of the disease. Symptoms include the urge to move limbs, difficulty sleeping, and daytime sleepiness. It is a neurological movement disorder with unpleasant sensations/nervousness in legs and an urge to move during inactivity.

Sleep Deprivation in the Workplace
Sleep can be a big issue on the job, as sleep deprivation contributes to a higher incidence of workplace accidents. Sleep disorders can also be the result of underlying medical issues. If you feel sleepy on the job, it may be time to consider talking to your physician and scheduling a sleep study. Effects of sleep loss on work performance may be costing U.S. employers $150 billion a year in decreased productivity.

Preparing for a Night’s Sleep
-Make sure room is dark, quiet, and cool. 
-Use bed for sleeping only
-Follow a regular schedule
-Exercise regularly, and several hours before bed
-Watch what/when you eat
-Don’t smoke, avoid caffeine
-Refuse to worry/write down worries
-Take a warm bath
-Listen to quiet music
-Try relaxation exercises

Sleep Disorder Self-Test
1. Have you been told by a friend or family member that you snore?
2. Do you often feel tired or have a headache when you awaken in the morning?
3. Do you frequently awaken during the night?
4. Have you been told you have pauses in your breathing during sleep?
5. Do your legs jerk frequently or feel uncomfortable / restless before or during sleep?
6. Do you often find yourself falling asleep when you don’t intend to, such as while viewing television or while driving?

Score:
If you answered “YES” to two or more of the above questions, you might benefit from a sleep consultation.

UH Samaritan Medical Center operates the UH Samaritan Sleep Center under the medical direction of Dr. Laurie Mooney, and contracts with SleepMed for professional sleep diagnostic services.

If you’ve tried our tips for getting a good night’s sleep and the self-test indicates that you may want to seek medical attention, call Dr. Mooney’s office and schedule an appointment. She will obtain a medical history and conduct a physical examination – and may wish to talk with your bed partner about your sleeping and waking behavior.

Based upon the doctor’s evaluation, you may be scheduled to spend one or two nights in the hospital’s sleep center where your brain waves, muscle activity, leg and arm movements, heart rhythms, and other body functions can be monitored during sleep. With this information, the physician can prescribe a treatment plan that’s right for you.

To schedule a sleep study at the UH Samaritan Sleep Center, please call 1-800-939-0399.