



### HOW RESTFUL IS YOUR SLEEP?

Please discuss any of these symptoms with your doctor. You may have a sleep problem that can be diagnosed and treated to help improve your health.

- Are you excessively sleepy during the day?
- Do you gasp, snore or pause in your breathing while you sleep?
- Do you wake up tired and not refreshed?
- Do you wake up frequently from sleep?
- Do you wake up with headaches?
- Have you ever fallen asleep or nodded off at a stoplight or while driving?



Penn  
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### Sleep Study Program

**PENN HIGHLANDS HEALTHCARE**

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[www.phhealthcare.org](http://www.phhealthcare.org)

# SLEEP STUDY PROGRAM

*At Penn Highlands Healthcare*



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## *Take Control of Your Sleep.*

*The quality of your sleep directly affects the quality of your life. You could be among the more than 40 million people who have chronic sleep problems that affect your personal safety, productivity and ability to enjoy daily living.*

*Sleep problems are also connected with serious conditions such as coronary heart disease, diabetes, high blood pressure, impotence, memory issues and mood changes. Fortunately, most sleep problems can be treated. The Penn Highlands Sleep Labs provide sleep study services that will give your doctor the information he or she needs to treat you successfully.*

## **MOST COMMON SLEEP DISORDERS ARE TREATABLE**

While there are more than 70 distinct sleep disorders, these are the most common:

### **Obstructive Sleep Apnea (OSA)**

The person who has OSA usually has loud, frequent snoring and experiences pauses in breathing during sleep. Often, those with OSA also have daytime sleepiness.

### **Narcolepsy**

This is characterized by attacks of an irresistible urge to sleep at unexpected times and severe daytime sleepiness, often also accompanied by intermittent muscle weakness and sleep-related vivid dreams.

### **Restless Leg Syndrome (RLS) and Periodic Limb Movements (PLM)**

These are involuntary leg or arm movements before and during sleep which disrupt sleep patterns and can lead to daytime sleepiness.

### **Parasomnias**

This is the name for a group of sleep issues including sleepwalking, night terrors and acting out dreams.

### **Insomnia**

The inability to fall asleep or stay asleep is the most commonly reported sleep disorder.

## **AT-HOME STUDIES**

Thanks to technology, you can have a sleep study done at home. Contact your family doctor and ask if you're a candidate. If so, your doctor will give you an order, and you'll pick up a sleep study kit at a convenient Penn Highlands Healthcare location near you. You'll be shown how to put on a chest belt, affix a small tube under the nose to measure air

flow and how to use a finger monitor to measure oxygen. Then, you'll take the kit home. A small box stays with you while you sleep and collects the data. That data goes back to a sleep lab for evaluation by a registered sleep technologist and a doctor with experience in sleep studies. This doctor will report his or her findings to your family doctor. If something is found, your doctor may have you follow up with a specialist or have you go for a second test in an actual Sleep Lab.

## **IN-LAB STUDIES**

Penn Highlands Healthcare has two Sleep Labs available for its patients. One is located in the DuBois Community Medical Building, and the other is on the first floor of the hospital at Penn Highlands Elk. You will spend the night in a hotel-quality room that is private and beautifully decorated. You'll have a queen size bed with high quality linens. You are encouraged to bring your own sleep clothing, pillow and other personal items that will make you feel more at home.

When you are settled in your room, a technologist will prepare you. He or she will connect you to the monitoring equipment and explain the procedure for gathering data. Then, you'll be able to rest and sleep without interruption throughout the night. The technologist will be at a computer station located nearby and will be monitoring your breathing and sleep cycles the entire time.

In the morning, you'll be awakened and free to go. Shower facilities are provided, should you need to report directly from our lab to work or school the next morning.

As with the at-home study, the data collected will be reviewed by our physician, and a report will be sent to your family doctor.