

Common sleep disorders

Sleep disorders are highly common medical conditions that affect millions of Americans each year. While some people suffer from mild sleeping problems, such as the occasional nightmare, others have severe disorders that, if left untreated, can seriously damage their health.

Obstructive Sleep Apnea

- caused by the throat collapsing frequently during sleep which prevents air from getting into the lungs. A person with this life-threatening condition snores very loudly and often chokes or gasps for breath throughout the night. This repeated disruption in sleep causes overtiredness during the day, an increase in the risk of hypertension, stroke and diabetes, as well as automobile and workplace accidents.

Insomnia

- the inability to fall or stay asleep. It has many causes, from caffeine and alcohol to stress and emotional difficulties. Insomnia can lead to irritability, drowsiness and depression.

Restless Legs Syndrome

- common causes of RLS are specific types of iron deficiency, medications and a possible genetic link that causes you to have irresistible urges to move your legs at bedtime. It is often described as creepy crawly or tingling sensations. Over 50 million Americans suffer some type of sleep disorder. Sleep disorders are serious conditions that can negatively impact your life. Fortunately, the experts at Steward Centers for Sleep Medicine can diagnose a complete range of sleep disorders and help you better understand your condition. We can also offer the treatment necessary to improve your sleep, your health and your quality of life.

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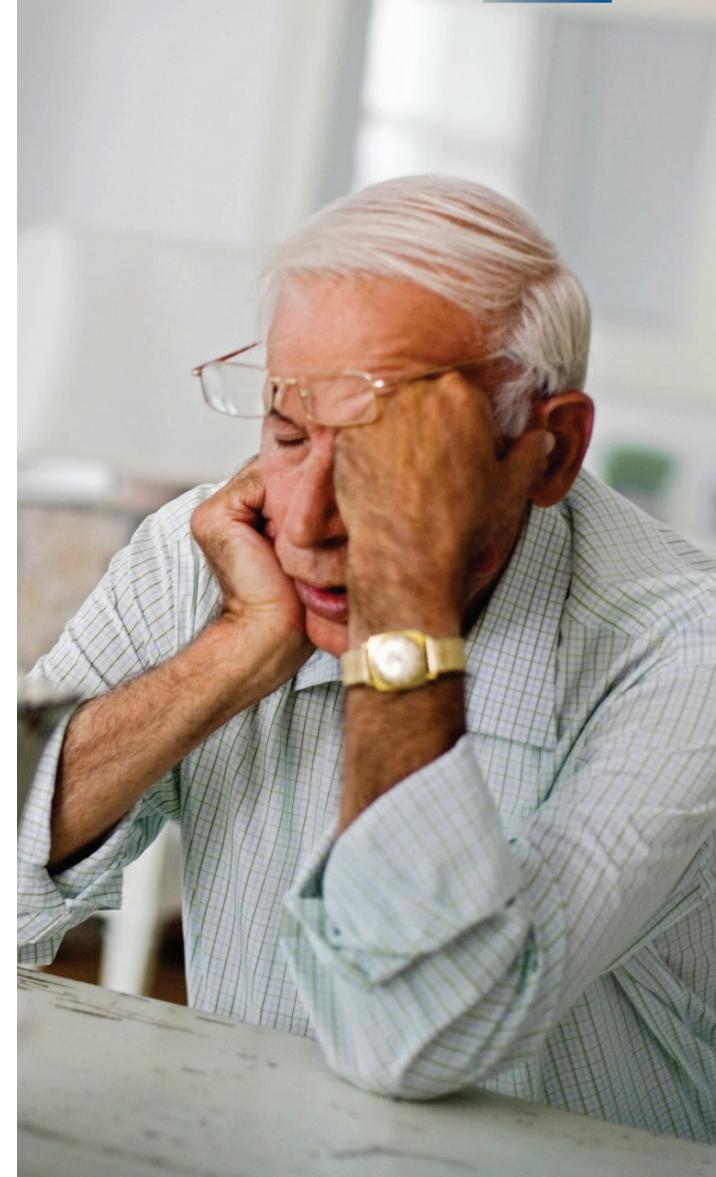
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**The Dangers of
Sleep Disorders**

What is a sleep disorder

There are a variety of conditions that can cause an interruption to your sleep, reducing both the quantity and the quality. Those who have sleep disorders not only get less sleep, but they do not experience the deep levels of "restorative" sleep necessary for ideal physical and mental health.

What causes sleep disorders

Many factors can cause a sleep disorder. Some are environmental, such as stress, noise, light or night shift work. Other reasons are medical such as excessive weight, depression, medications or genetics. Alcohol, caffeine and drugs can also play a role.



Dangers of sleep disorders

Sleep is absolutely essential for normal nervous system function and to fight disease and sickness. It is necessary for learning and for normal, healthy cell growth. Conversely, inadequate sleep impairs your ability to think, manage emotions and handle stress. It can cause physical exhaustion; automobile and work-related accidents; obesity; high blood pressure; heart disease; and harm your intimate relationships.

We can help

Saint Anne's Hospital's state-of-the-art Center for Sleep Medicine provides the latest technology to assist experts in diagnosing and treating a complete range of sleep disorders. We conduct comprehensive overnight sleep studies in comfortable private rooms featuring flat screen televisions and Posturpedic mattresses. These evaluations are arranged around your schedule with results analyzed and reviewed by a physician. Our certified sleep specialists will then work with you to assess your symptoms, determine the cause of your sleep disorder and develop a personalized treatment program.

Your healthcare insurance will typically cover the cost of a sleep test. You may be responsible for a co-payment. Please call us or contact your insurance carrier for more information.

To schedule an appointment please call Saint Anne's Hospital Center for Sleep Medicine at 508-235-5339.

Are You At Risk For A Sleep Disorder?

Answer these questions to find out.

- | | | |
|------------------------------|-----------------------------|--|
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I snore loudly enough that others complain. |
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I feel tired or have low energy during the day. |
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I wake up not feeling refreshed. |
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I have trouble at work or school because of sleepiness. |
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I have frequent morning headaches. |
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I have leg cramps or leg movements that keep me from sleeping. |
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I am 15 pounds or more overweight. |
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I am drowsy while driving. |
| YES <input type="checkbox"/> | NO <input type="checkbox"/> | I frequently get heartburn in the middle of the night. |

If you, or your partner, answered yes to two or more of these questions, you should discuss your symptoms with your doctor or a certified sleep specialist at Saint Anne's Hospital Center for Sleep Medicine.

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