

## DO I HAVE A SLEEP DISORDER?

If you suffer from any of these symptoms, you may have a sleep disorder and may benefit from a sleep study.

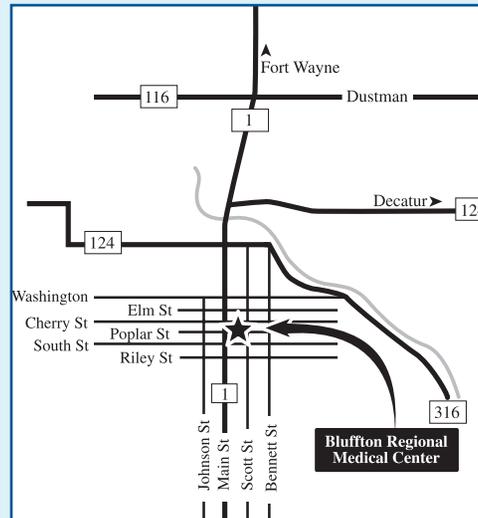
- ▶ Awakening after a few hours and can't go back to sleep
- ▶ Confusion or brief memory loss upon awakening
- ▶ Excessive daytime sleepiness
- ▶ Excessive sweating while sleeping
- ▶ Falling asleep at inappropriate times
- ▶ Feeling sleepy during the day
- ▶ High blood pressure
- ▶ Insomnia or lack of restful sleep
- ▶ Irregular pounding or beating of the heart
- ▶ Loud snoring, snorting or gasping for breath
- ▶ Not feeling rested after seven or eight hours of sleep
- ▶ Personality changes
- ▶ Sudden body movements before breathing resumes
- ▶ Taking more than 30 minutes to fall asleep
- ▶ Tingling or aching in legs that is only relieved by moving or massaging them
- ▶ Unexplained morning headache
- ▶ Weight gain

*If you suffer from any of these symptoms, ask your doctor for a referral to the Bluffton Regional Sleep Disorders Center.*

### BLUFFTON REGIONAL MEDICAL CENTER SLEEP DISORDERS CENTER

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## SLEEP DISORDERS CENTER



**The average person sleeps  
for one-third of his life.**

**That one-third helps  
determine how well the  
other two-thirds are lived.**

 **Bluffton Regional  
Medical Center**

**Lutheran Health Network**

## TIRED AGAIN TODAY?

**Bring your pajamas and slippers, and let the staff of Bluffton Regional Sleep Disorders Center help you find out why.**

Our team can diagnose and treat conditions such as sleep apnea, narcolepsy, insomnia, restless legs and parasomnias in adults.

Regular, restful sleep is vital for maintaining emotional and physical well-being. There are more than 80 classified sleep disorders that can lead to memory loss, irritability, depression and sexual dysfunction. Sleep disorders can affect job performance and relationships, and some can even be life-threatening because they create a greater risk of obesity, high blood pressure, heart disease, stroke and diabetes.

It is estimated that about half of all Americans experience some sort of sleeping problem at some time during their lives.

## THE BLUFFTON REGIONAL SLEEP DISORDERS CENTER CAN HELP

Most sleep disorders can be managed and even corrected if properly diagnosed and treated. Our team can help determine the origin of your sleep disorder, its effects on your health, and how to treat it.

Our team features physicians and a caring staff of sleep technologists and respiratory therapists.

The Bluffton Regional Sleep Disorders Center is one of the most advanced sleep study centers in the region.

All procedures, including lab testing, are supervised by a sleep coordinator, trained and experienced in sleep medicine.

Our sleep studies are administered by registered respiratory therapists and sleep technicians specially trained to ensure accurate results. Our staff can also provide the latest information and resources on sleep disorders.

## THE SLEEP STUDY

Prior to testing, you will be asked to complete a short questionnaire.

The sleep study is a pain-free, positive experience. The study requires an overnight stay in one of our comfortable suite-style patient rooms. During testing, a technician will monitor your sleep patterns in a separate control room. Data such as brain and muscle activity, breathing patterns and heart rates are closely monitored with sophisticated equipment. The results of your sleep study are forwarded to your doctor.

Your doctor then reviews the results, develops an individualized treatment plan, and discusses treatment options with you.

## COMMON DISORDERS DETECTED THROUGH SLEEP TESTING

Diagnosing and treating your sleep problems will assist in maintaining a healthy mind and body. Some conditions that can be detected through a sleep test are:

- ▶ **Sleep Apnea:** A person with sleep apnea may stop breathing frequently throughout the night for periods of up to two minutes. Loud snoring and excessive daytime sleepiness are symptoms of sleep apnea.
- ▶ **Narcolepsy:** Causes a person to feel excessively sleepy or to fall asleep suddenly during the day, often at inappropriate times.
- ▶ **Periodic Limb Movements Disorder:** Causes the arms and legs to jerk repeatedly during sleep, resulting in a tired feeling in the morning. Most people are not aware of their repeated limb movements.

We are pleased to also offer home sleep tests. This test is not for everyone as some disorders are better evaluated in the hospital setting. Ask your doctor if a home sleep test is right for you.