



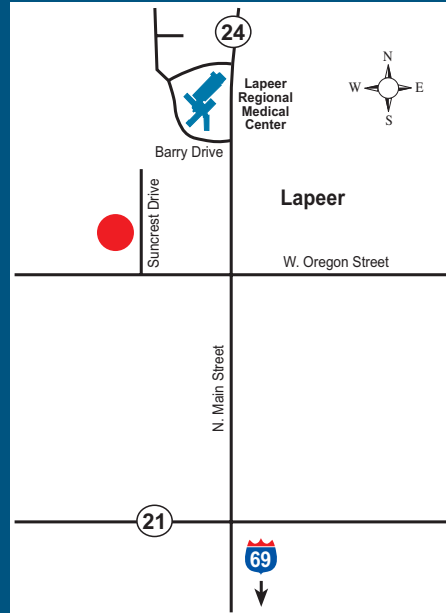
COULD YOU BE SLEEPING BETTER?

If you can answer “yes” to any of the following questions, you may need to consider the services of the Lapeer Sleep Diagnostic Center.

- Have you ever had an accident or near accident at work or while driving due to drowsiness?
- Do you snore?
- Have you ever fallen asleep while driving?
- Do you need a nap in the middle of the afternoon?
- Do you sleep longer on the weekends or holidays?
- Do you have difficulty sleeping during the night three or more times a week?
- Do you have heart disease or high blood pressure?
- Have you suffered from a stroke?
- Have you ever been told you have pulmonary hypertension (high blood pressure in the lungs)?
- Do you have difficulty concentrating?
- Have you been told you have Attention Deficit Disorder?
- Does anyone complain about your movement while you are sleeping?
- Do you wake up with a headache?
- Do you have type II diabetes?

Don't close your eyes to a sleep disorder.

To take our online mini sleep evaluation go to lapeerregional.org/sleepquiz



LAPEER
REGIONAL MEDICAL CENTER
A McLAREN HEALTH SERVICE

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Accredited by the
American Academy of Sleep Medicine

lapeerregional.org

Lapeer Sleep Diagnostic Center

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New awakenings

Don't close your eyes to the possibility that a sleep disorder is causing your problems. Sleep disorders cause many people difficulty at work, at home, and while driving.

The Lapeer Regional Medical Center (LRMC) Sleep Diagnostic Center can help you discover and overcome sleep disorder problems, and put vitality back into your life.

After a referral to the center from your family physician, a sleep study is conducted overnight and results returned to you within a few days. A sleep study often indicates a problem with breathing, known as sleep apnea. This causes people to momentarily stop breathing and awaken from sleep in order to resume breathing. As a result, the disorder causes drowsiness during daily activities.

If you have sleep apnea, there is a device you can wear when sleeping that assists you in breathing. As a result, a restful night's sleep can occur and symptoms such as falling asleep while driving, nodding off to sleep at work, irritability and lack of energy may disappear.

Severe snoring and periodic limb movements are also conditions that may disrupt your sleep and that can be diagnosed at the sleep center through a sleep study.

Making an appointment:

- To schedule a Sleep Study appointment you need a physician referral. Sleep Center physicians and staff are available to discuss sleep disorders with you and/or your physician.

The LRMC sleep diagnostic center features:

- Accredited by The American Academy of Sleep Medicine
- Physicians Board Certified in Pulmonology, Sleep Medicine, and Neurology
- Licensed Technicians Registered in Sleep Medicine and/or Respiratory Therapy
- Experts in the Diagnosis and Treatment of all Sleep Disorders in Adults and Children ages six and above.

Typical treatment includes:

- The use of a small device by patients that generates continuous positive airway pressure, and which is known as CPAP.
- This air pressure is delivered through a mask worn over the nose by patients when they sleep.
- The Sleep Diagnostic Center staff will assist in selecting the most appropriate device for each patient.
- Follow up care to assess progress is provided on a routine basis.