

Sleep Apnea Quiz

Circle the following that applies to you:

- I've been told that I snore.
- I've been told that I stop breathing while I sleep, although I don't remember this when I wake up.
- I have high blood pressure.
- I am irritable.
- I am gaining weight.
- I sweat excessively during the night.
- I have noticed my heart pounding or beating irregularly during the night.
- I get morning headaches.
- I have trouble sleeping when I get a cold.
- I suddenly wake up gasping for breath during the night.
- I am overweight.
- I seem to be losing my sex drive.
- I feel sleepy during the day even though I slept through the night.

If you circled three or more, you show symptoms of Sleep Apnea.

You may wish to consult with your physician about Sleep Apnea.



Jersey Community Hospital

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Jersey Community Hospital

Sleep Center



"We work closely with your physician to help you get a good night's sleep."



Call us today at
(618) 498-8394
for more information or
to schedule an appointment.

JCH Sleep Center

Our sleep center is equipped with a computerized monitoring system that is state-of-the-art Sleep Disorder digital equipment.

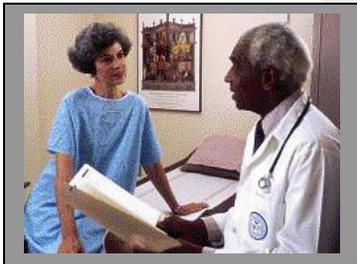
The center is staffed with polysomnography technicians.

Monitoring your sleep

Monitoring your sleep during an overnight sleep study is usually the only way to tell for sure whether or not you have a sleep disorder. A sleep study records how your lungs, heart and other parts of your body function while you're asleep. The testing is painless, risk-free and usually takes one full night. It is done in the JCH Sleep Center.

What about cost?

Sleep studies are considered an eligible charge by most private paid insurances, Medicare and Medicaid.



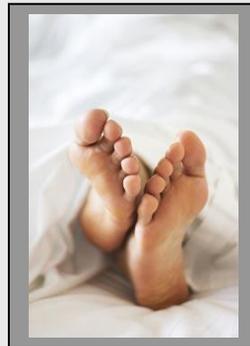
What are the symptoms of a sleep disorder?

People who have sleep disorders may experience the following:

- Morning headaches
- Restless sleeping
- Falling asleep at inappropriate times
- Gasping or awakening with shortness of breath
- Excessive daytime sleepiness
- Snoring

What should I do if I think I may have a sleep disorder?

- Talk to your family physician, as this test can only be done with a doctor's order.
- Your doctor does NOT have to be on staff at Jersey Community Hospital in order to have the test done.
- Ask your doctor to refer you to the JCH Sleep Center for testing.



Testing in a Sleep Center

You will spend a night in a private room inside a sleep center. During the study, special sensors record the activity of your heart, lungs and brain; the movements of your muscles; airflow from your nose and mouth; and the level of oxygen in your blood. In addition, your body movements are videotaped. A technician watches the recording on monitors all night to observe you and make sure there are no problems with the equipment. If you have moderate to severe sleep apnea during the night, the technician may provide a device called CPAP that keeps your air passage open and helps you breathe.

After your sleep study

The results are analyzed in detail and interpreted by a physician trained in sleep studies. The report will be sent to your physician. The report will help your physician to decide which treatment to use for your sleep disorder. Preventing and controlling sleep apnea can improve your quality of life and discourage serious health problems such as high blood pressure, stroke or heart disease. In addition, daytime sleepiness can cause loss of concentration, loss of productivity, crashes and other accidents.

