

Sleep Statistics

- Approximately one third of a person's life is spent sleeping.
- The Highway Safety Commission estimates that 40,000 people die and another 250,000 are injured each year due to falling asleep while driving.
- Approximately 80 million Americans suffer from some form of sleep disorder. Of that 80 million, approximately 30% or 26 million suffer from sleep apnea.
- The Department of Transportation estimates there are approximately 200,000 sleep related highway accidents each year, which averages 550 accidents each day.
- Sleep apnea affects 2% of adult females and 4% of adult males.
- Approximately 25% of children between the ages of 1-5 experience some sort of sleep disorder. These disorders can lead to hyperactivity, Attention Deficit Disorder (ADD) or excessive sleepiness.

Most sleep problems are easily diagnosed and treated. The testing process usually can be completed in one night, with the ability to go to work after the study is completed.

Sleep sound, sleep healthy

If you feel you have a sleep disorder or have a problem with chronic sleepiness and/or snoring, please consult your physician.

Sleep study will be performed at Henderson Community Hospital.

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Sleep Study



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The Sleep Study

A sleep study, known as a polysomnogram, is required to establish the presence of most sleep disorders including sleep apnea, periodic leg movements and narcolepsy.

During a full sleep study your brain wave activity is monitored to determine the various sleep stages. Other measurements include eye activity, heart rate, airflow from the mouth and nose, chest and abdomen movement, oxygen levels in the blood, body position and muscle movements. This is all accomplished pain-free with the use of patches and belts.

Sleep Apnea

Apnea is taken from the Greek word meaning "lack of air".

It is estimated that 9% of all males and 4% of all females have some form of sleep disorder. One of the most common sleep disorders, and potentially life threatening, is sleep apnea.

Sleep apnea is defined as the cessation of breathing for at least 10 seconds during sleep. This leads to a drop in oxygen in the blood and an interruption in sleeping patterns. You generally awaken and still feel tired no matter how much time you have spent in bed. This is known as Excessive Daytime Sleepiness (EDS), generally a "tired feeling" all the time or at inappropriate times.

Symptoms of Sleep Apnea

- Morning headaches
- Loud snoring with periods of silence followed by "gasps" for air
- Drowsy while driving
- Memory and/or judgment problems
- Irritability
- Personality changes
- Excessive daytime sleepiness

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? Even if you have not done some of these things recently, try to rate them as accurately as possible.

Use this scale to choose the most appropriate number for each situation:

- 0 = would NEVER doze
- 1 = SLIGHT chance of dozing
- 2 = MODERATE chance of dozing
- 3 = HIGH chance of dozing

Situation	Chance of dozing
1. Sitting and reading	_____
2. Watching TV	_____
3. Sitting inactive in a public place (theater, meeting, etc.)	_____
4. Passenger in a car for an hour without a break	_____
5. Lying down to rest in the afternoon when circumstances permit	_____
6. Sitting and talking to someone	_____
7. Sitting quietly after lunch without alcohol	_____
8. While stopped in a car for a few minutes in traffic	_____

If your total score is equal to, or greater than 10, or if any individual response is a score of 3, please consult your primary care doctor. Further evaluation of your sleepiness may be necessary to rule out significant sleep disturbances.

Risk Factors for Sleep Apnea

- Obesity: 20% or greater of ideal body weight
- Large neck size: 17 inches or greater in males, 16 inches or greater in females
- Male gender
- Anatomic abnormalities such as tonsils, adenoids, small or recessed chin, jaw line, etc.
- Family history
- Alcohol or sedative use on a regular basis
- High blood pressure
- Diabetes

Frequently Asked Questions

Can I sleep in any position during the test?

Yes. You are encouraged to sleep in your normal sleeping positions. However, sometime during the test, the technician may have you change positions.

Can I use the bathroom during the night?

Yes. You may use the bathroom as many times as you need to. The technician will assist you to the bathroom where you will be left in private.

Can I take my normal medications?

Yes. Please bring whatever medications or prescriptions you normally take. Continue to use your medications as prescribed by your physician unless otherwise directed.

How long does the test last?

The testing process begins at your normal bedtime. Six hours of recorded sleep is recommended to make an accurate diagnosis. Generally you can return to work the next morning after the test.

What if my test indicates a sleeping problem?

Your physician will consult you regarding your results and treatment options. Keep in mind that most sleep disorders can be easily treated.