

Sleep is essential to physical and mental well being. It is a restorative process that allows a person to be healthy and productive. Adults need between seven and nine hours of sleep a night, yet millions suffer from sleep disorders that deprive them of necessary rest.



These disorders are more than an annoyance. They may pose significant medical problems such as strain on the heart and lungs that leads to high blood pressure, heart attack or stroke.

If you are being robbed of sleep, the Sleep Disorders Center at the East Texas Medical Center Neurological Institute can help. Through evaluation and treatment, we aid people who have difficulty falling asleep at night, maintaining sleep or those having difficulty staying awake during the day.

TYPES OF SLEEP DISORDERS

More than 80 sleep disorders have been identified. These are divided into four major categories:

• PROBLEMS FALLING ASLEEP AND STAYING ASLEEP

Also known as insomnia, these problems are brought on by disturbances in the regular wake/sleep pattern. Causes may include psychological factors such as anxiety and depression, respiratory difficulties, limb movements during sleep or physiologic disorders such as hyperthyroidism.

• PROBLEMS STAYING AWAKE

Often referred to as sleepiness, these problems include sleep apnea and narcolepsy (uncontrollable sleepiness). Normal lifestyle is disrupted because sleep is fragmented, and since the person may fall asleep at any time, accidents and other life-threatening results may occur.

• SLEEP-DISRUPTIVE BEHAVIORS

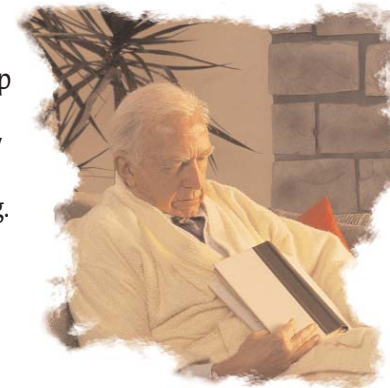
These disorders, known as parasomnias, are associated with sleep and the different phases of sleep itself, such as nocturnal seizures, sleepwalking, night terrors, periodic leg movement, restless leg syndrome and bed wetting.

• PROBLEMS MAINTAINING A REGULAR SLEEP SCHEDULE

The body never really adjusts to shift work. Lifestyles that require an irregular sleep/wake pattern, such as alternating shift work or frequent cross-country flights (jet lag) fall into this category. People affected by these disorders have chronic difficulty falling asleep at conventional times.

SLEEP APNEA

One of the most serious sleep disorders is sleep apnea. An individual with this condition literally stops breathing during sleep. This may happen hundreds of times a night, causing a person to awaken slightly to resume breathing. Such fragmented sleep is not restful. Fifty percent of people with sleep apnea have high blood pressure, and it is related to cardiovascular disease, weight gain and other health problems.



REFERRAL AND EVALUATION

Patients suffering from sleep disorders are referred to the Sleep Disorders Center by their physician. Or, they may call the ETMC Neurodiagnostic Sleep Center and speak to a sleep technician who can initiate the referral process.

In many cases an overnight evaluation is needed to learn what is causing the sleep/wake disturbance. The patient's brain waves (electroencephalogram), heart rate (electrocardiogram), snoring, respiration, leg muscle activity and oxygen saturation levels are monitored.

The recording techniques are noninvasive (external) and all electrodes are applied on the skin surface of the areas recorded. The entire recording procedure is painless.

After the electrodes have been applied, the patient spends the night in a comfortable bed in the Neurodiagnostic Sleep Center, and sleep is monitored throughout the night.

When the sleep/wake disorder affects a person's daytime functioning, evaluation of the degree of daytime sleepiness is important. A multiple sleep latency test is sometimes used to rule out narcolepsy or to objectively assess sleepiness of the patient. In this case, the patient will remain at the center during the day following their nighttime evaluation. The patient is given the opportunity to fall asleep at two-hour intervals for a series of naps.

TREATMENT

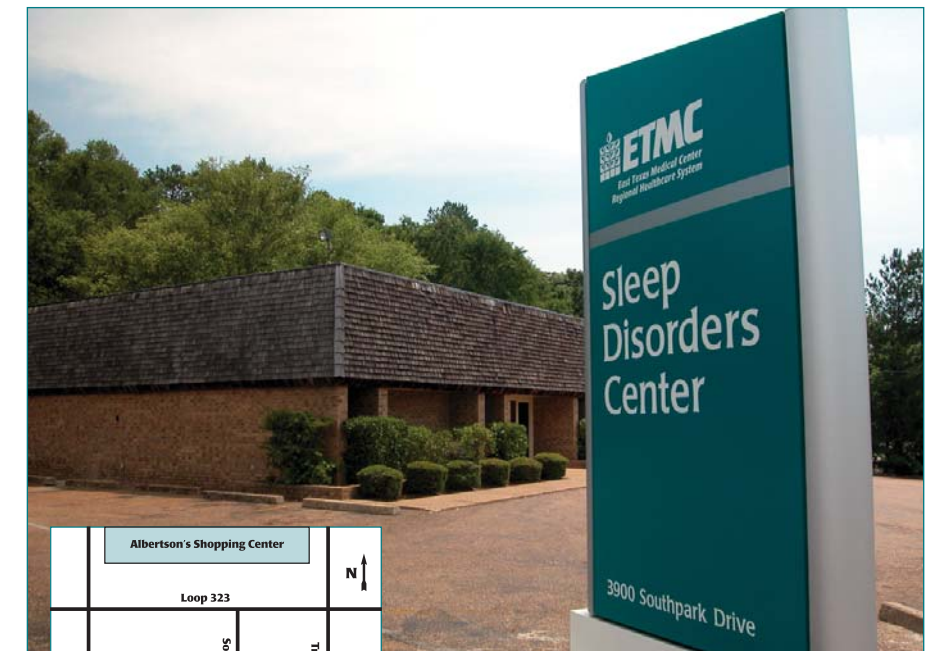
Most sleep/wake disorders can be treated or managed effectively once they are accurately diagnosed. The extensive nighttime evaluation, in combination with the daytime evaluation when necessary, provides information for diagnosis of most sleep/wake disorders.

Once a sleep study is completed, your physician will be able to discuss treatment recommendations. One of the functions of the Sleep Disorders Center is to serve as a resource to the medical community by providing awareness of the latest developments in this rapidly changing field and contributing to advances in sleep disorders treatment.

INSURANCE

Most insurance carriers offer insurance coverage for sleep disorder studies. Because the policies of insurance companies differ, prospective patients should ask about coverage before scheduling an appointment with the Sleep Disorders Center.

Appointments made by a physician referral can be scheduled by calling 903-531-8000.



Accredited by the American Academy of Sleep Medicine.

We are located at 3900 Southpark Dr. in Tyler. For more information, call **903-531-8079**.

We are also equipped for studies in Clarksville, Carthage, Pittsburg and Lindale.

Visit us on the web at www.etmc.org/sleep

A not-for-profit organization committed to improving the quality of life in East Texas communities.



**East Texas Medical Center
Regional Healthcare System**

SLEEP QUESTIONNAIRE

Do you find yourself sleepy during the day? Yes No

Do you doze off while reading, watching television or during other quiet activities? Yes No

Have you been told you snore excessively? Yes No

Do you have a weight problem? Yes No

Do you awake in the morning with headaches? Yes No

Do you awake at night gasping for air? Yes No

Do you find your heart beating irregularly at night? Yes No

Do you wake regularly without feeling refreshed? Yes No

Do you find yourself dozing while driving? Yes No

Is your work or family life affected by sleep problems? Yes No

*If you answered yes to two or more of the above questions, seek more information about sleep disorders from the Sleep Disorders Center **903-531-8079**.*



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ETMC Sleep Disorders Center

Getting a good night's sleep shouldn't be hard work.



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