

# SLEEP CENTER

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**MidHudson  
Regional Hospital**

Westchester Medical Center Health Network



MidHudsonRegional.org

# Sleeping Disorders

Sleep disorders are among the most common medical complaints in our society. A sleep disorder can last a few nights, causing minor inconvenience, or become a pervasive illness affecting all aspects of a person's life.



People who suffer from sleep disorders may experience excessive daytime sleepiness, morning headaches, body aches, impaired judgment, irritability and depression. Sleep deprivation can exacerbate or contribute to diabetes, hypertension, coronary artery disease and stroke.

It is estimated that 70 million Americans have some form of acute or chronic sleep disorder, yet most people may not even know it. There are over 80 sleep disorders including some of the following, a sleep study will help identify the cause of your sleepless nights.

# About

The hospital-based Sleep Center offers a comprehensive program in which patients are assessed and treated. Fully accredited and distinguished as a sleep disorders center by the American Academy of Sleep Medicine, the Sleep Center at MidHudson Regional Hospital meets or exceeds all standards for professional quality health care as designated by the Academy.

Board-certified physicians evaluate each patient sleep study and make recommendations for follow-up care. Our specialized team of sleep professionals is dedicated to providing the highest quality of sleep medicine available. The Center is staffed with highly trained, licensed and credentialed clinicians whose expertise includes respiratory therapy, neurology, pediatrics and polysomnography.



# Sleep Disorders

**Insomnia:** Difficulty falling asleep; waking earlier than desired. Insomnia can be caused by medical or behavioral factors such as stress, tension, shift-work or poor sleep habits.

**Sleep Apnea:** Brief pauses of breathing during sleep. Often associated with loud snoring, snorting and gasping for breath, sleep apnea can result in daytime sleepiness, depression, and cardiovascular problems.

**Excessive Daytime Sleepiness:** Struggling to stay awake during the day. Reduced productivity at school or work; memory or concentration difficulties.

**Narcolepsy:** Sleep attacks; sudden muscular weakness in response to strong emotion; brief paralysis upon falling asleep or waking up.

**Restless Leg Syndrome and Periodic Limb**

**Movement Disorder:** Uncomfortable sensations in the legs near sleep time sometimes described as a creepy-crawly feeling. Legs and arms may move or jerk involuntarily during sleep.





**Nocturnal Seizures:** May occur just after a person has fallen asleep, just before waking, during daytime sleep, or while in a state of drowsiness. People who experience nocturnal seizures may find it difficult to wake up or stay awake.

**REM Behavior Disorder** is a sleep disorder (more specifically a parasomnia) that involves abnormal behavior during the sleep phase with rapid eye movement (REM) sleep.

**Gastroesophageal Reflux Disease (GERD).** is a chronic symptom of mucosal damage caused by stomach acid coming up from the stomach into the esophagus.

If you believe you are suffering from a sleep disorder, the Sleep Center at MidHudson Regional Hospital can help you once again enjoy the benefits of regular, restorative sleep.

# The Epworth Sleepiness Scale

How likely are you to fall asleep in the following situations? For each situation, decide and rate whether or not you would have:

**No chance of dozing = 0**

**Slight chance of dozing = 1**

**Moderate chance of dozing = 2**

**High chance of dozing = 3**

|   |   |   |   |   |
|---|---|---|---|---|
| Sitting and reading.....  | 0 | 1 | 2 | 3 |
| Watching TV.....  | 0 | 1 | 2 | 3 |
| Sitting inactive in a public place<br>(e.g., a theater or a meeting)..... | 0 | 1 | 2 | 3 |
| As a passenger in a car for an hour<br>without a break .....              | 0 | 1 | 2 | 3 |
| Lying down to rest in the afternoon<br>when circumstances permit.....     | 0 | 1 | 2 | 3 |
| Sitting and talking to someone .....                                      | 0 | 1 | 2 | 3 |
| Sitting quietly after a lunch<br>without alcohol .....                    | 0 | 1 | 2 | 3 |
| In a car, stopped for a few minutes<br>in traffic .....                   | 0 | 1 | 2 | 3 |

**Total score:** \_\_\_\_\_

## Analyze Your Score

**0-7:** It is unlikely that you are abnormally sleepy

**8-9:** You have an average amount of daytime sleepiness

**10-15:** You may be excessively sleepy depending on the situation, and you may want to consider medical attention

**16-24:** You are excessively sleepy and should consider seeking medical attention

## Sleep Study

A sleep study is a noninvasive test which is performed while you sleep overnight in a private, quiet, comfortable setting. While you sleep, your sleep pattern, breathing pattern, oxygen level, heart activity, brain activity, and muscle activity are monitored and the data is collected. Your study is then analyzed and sleep staff physicians interpret the computed data. While you may think sleeping with these devices is difficult, most patients fall asleep very easily. The next morning, the technologist will remove the monitoring devices and you will be able to resume your daily activities.

## Pediatric Sleep Testing

Sleep disorders aren't limited to adults. They also can affect children who are more likely to exhibit symptoms of Attention Deficit Disorder (ADD), such as difficulty staying on task, hyperactivity and mood swings when they are tired. The Sleep Center at MidHudson Regional Hospital has a special room equipped with the technology and amenities needed for pediatric sleep studies. Pediatric sleep studies are performed in children four years and older.

Home sleep testing is also available.



# Appointments and Evaluations

Discuss your concerns with your doctor who can refer you for a consultation or diagnostic study. You may also call the center directly for further information.

## Insurance and Cost

Most managed care plans and insurance companies cover the cost of evaluating, testing, and treating sleep disorders with authorization.

## Accreditation

The Sleep Center at MidHudson Regional Hospital is accredited by the American Academy of Sleep Medicine.

## We're Here To Help

If you believe you are suffering from a sleep disorder, the Sleep Center at MidHudson Regional Hospital can help you once again enjoy the benefits of regular, restorative sleep.

To learn more, contact the MidHudson Regional Sleep Center at **845.431.8214**.



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