



Scenic Mountain Sleep Center

The Scenic Mountain Sleep Center is located on the second floor of Scenic Mountain Medical Center. Speak with your doctor about scheduling a sleep study to help diagnose and learn how to treat your sleep disorder. To arrange for a sleep study, contact Scenic Mountain Medical Center Central Scheduling at 432-268-4888.

Take our sleep quality quiz:

Think you may have a sleep disorder? Ask your spouse, friend or a family member to help you answer these questions.

Yes or No (Check one for each question.)

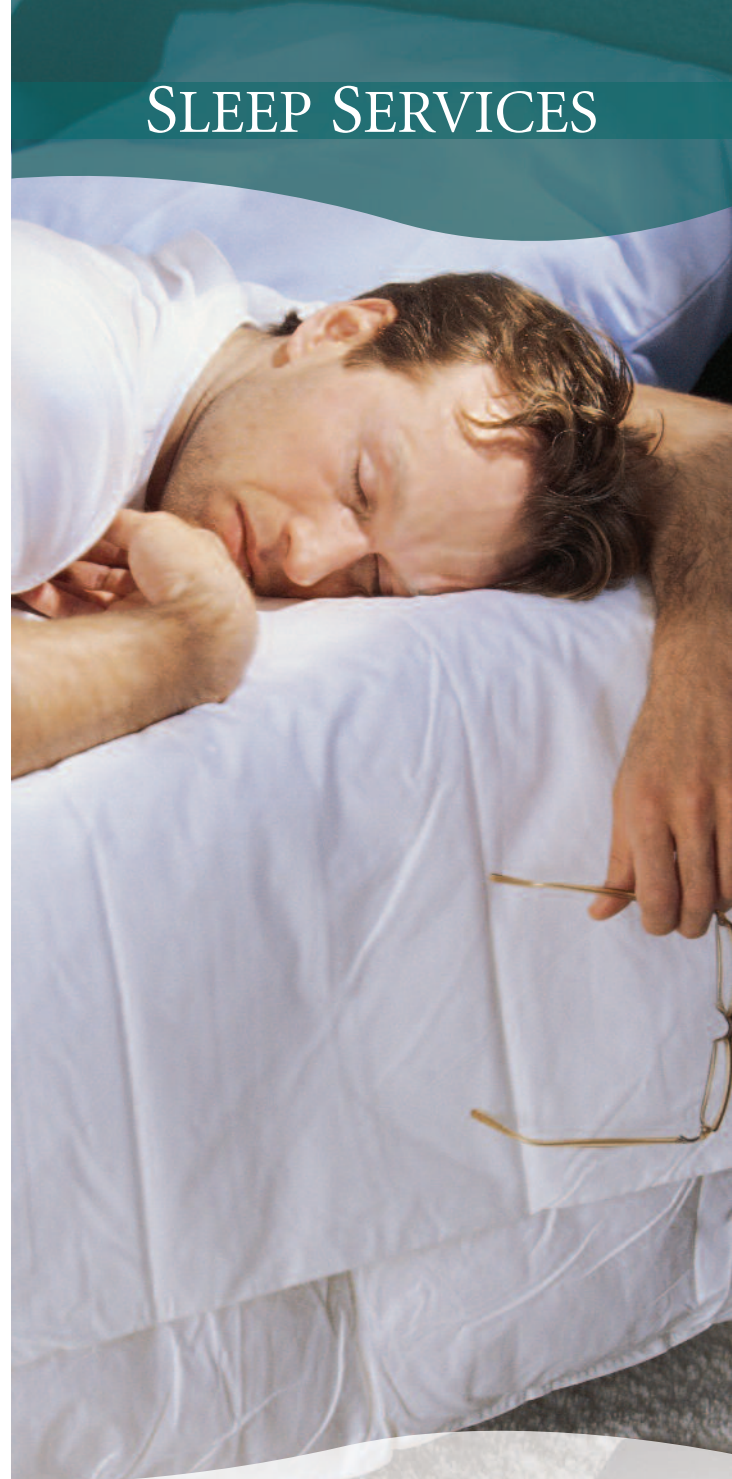
- Do you usually snore loudly?
- Is your snoring interrupted by silence followed by a gasp or snort?
- Do you ever fall asleep or almost fall asleep while driving, at work, or during other waking hours?
- Do you regularly have trouble concentrating or remembering?
- Are you experiencing mood or behavior changes?
- Do you often wake up with a headache?

This quiz is not a substitute for proper diagnosis by a qualified healthcare provider. Talk with your doctor about any symptoms you are experiencing.

If you answered yes to any question, take this form to your healthcare provider. Your symptom(s) may be related to sleep apnea or some other health issue.



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Scheduling: 432-268-4888



SLEEP SERVICES



SCENIC MOUNTAIN
MEDICAL CENTER



Missing your ZZZs?

Millions of Americans don't get a good night's sleep on a regular basis. Sleep allows the body to renew itself both physically and mentally. Without regular sufficient sleep, we suffer. Thanks to the Scenic Mountain Sleep Center, many have found the help and relief they need for consistent, restful sleep.

Untreated sleep disorders, such as sleep apnea, can increase the risk for high blood pressure, heart attack and stroke. In addition, daytime drowsiness caused by sleep disorders may contribute to work-related injuries or driving accidents, putting you and others at risk for serious injury or death.

While many are not aware that they have a sleep disorder until a loved one notices a problem, symptoms may include:

- Fatigue, lack of motivation and excessive daytime sleepiness
- Anxiety, depression and irritability

- Loud snoring or gasping for air while sleeping
- Pauses in breathing or racing heartbeat during the night
- Restless sleeping
- Morning headaches
- Difficulty concentrating or learning
- Frequent awakenings
- Nighttime sweating

The Dangers of Sleep Apnea

Sleep apnea is very common – affecting more than 12 million Americans, according to the National Institutes of Health. Though sleep apnea is a serious health risk, the vast majority of individuals with this disorder remain untreated. Sleep apnea is more common in men and persons who are overweight, and the likelihood of developing the disorder increases with age. People with sleep apnea can stop breathing from a few to several hundred times per night, for a matter of seconds or more than a minute at a time.

When this happens, the oxygen levels in the blood decrease and carbon dioxide increases – putting additional strain on the heart, blood vessels and nervous system.

Sleep apnea not only compromises your health, but can also make other illnesses or conditions more severe and difficult to treat. Sleep deprivation can affect every area of your life: mental concentration, physical fitness, personal relationships, work performance and safety. Left untreated, sleep apnea can have serious health risks including:

- High blood pressure
- Obesity
- Heart problems
- Stroke

Sleep apnea can often be cured through lifestyle changes, surgery or breathing devices. Treatment provides not only better quality sleep, but increased energy levels, better overall health and a higher quality of life.

A Sleep Study Can Help

If you have been experiencing a sleep problem for more than a month, your primary care physician can refer you for a sleep study at the Scenic Mountain Sleep Center. Using modern, non-invasive equipment, a specially trained sleep technician will monitor your heart rate, respiratory system, muscle activity, oxygen levels, brain activity, sleep movement and body position. The information gathered from the study allows a board-certified sleep physician to evaluate and diagnose your condition. Your primary care physician will receive the results and use this information to determine the appropriate course of treatment.

An Emphasis on Hospitality

Gone are the days of stiff hospital beds and clinical surroundings. Our rooms were designed with your comfort in mind. Enjoy a plush queen-size bed with luxurious bedding and stylish décor. Fall asleep watching your favorite TV show or reading after enjoying your regular nighttime snack. Wake in the morning to a refreshing shower, a hot cup of coffee with breakfast and an opportunity to read the morning headlines. From scheduling your test, to completing your paperwork, to performing your study, your comfort is our priority.