

## Are You Sleeping?

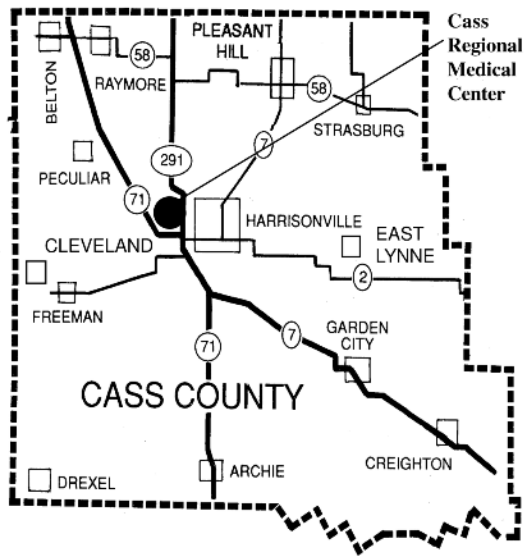
Check the following that apply to you:

- Do you snore?
- Is your snoring interrupted by silence or followed by a gasp or snort?
- Do you ever fall asleep or almost fall asleep while driving, at work or during 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?
- Has your interest in sex declined?
- Are you sleepy or fatigued during the day?

## Talk to Your Physician

if you checked ANY of the boxes above.

Your symptom(s) may be caused by sleep apnea or some other sleep disorder and medical attention is important.



### A checklist of items to bring for your sleep test:

- ✓ Loose pajamas or shorts and t-shirt.
- ✓ Favorite blanket or pillow, if desired.
- ✓ Toiletries such as a toothbrush, toothpaste, hairbrush or comb.
- ✓ Any needed medications.
- ✓ A book or other reading material.



Cass Regional  
Medical Center

2800 E. Rock Haven Road  
Harrisonville, Missouri  
(816) 380-3474  
[www.cassregional.org](http://www.cassregional.org)

# Wondering if You Have a Sleep Disorder?



## Cass Regional Medical Center can help.

Professional sleep study results are available without the long drive.



Cass Regional  
Medical Center

Sleep Services  
(816) 380-3474, ext. 4180

# You Are Not Alone

Forty million Americans are chronically ill with various sleep disorders. Most people who suffer from sleep-related illnesses don't realize it.

Sleep apnea is a medical disorder. It causes a person to stop breathing for periods of time during the night. It can happen dozens to hundreds of times a night. Each time, the person stops breathing for 10 seconds or more, then suddenly gasps for air.

Sleep apnea may be linked to other serious health problems. People with untreated sleep apnea may be more likely to have:

- **High blood pressure**
- **Heart problems**
- **Diabetes**
- **Strokes**
- **Depression/Anxiety**

Deep sleep is vital to good physical and mental health, but people with sleep apnea often do not reach deep sleep. This leaves them very tired during the day.

Being tired can effect every part of life. For example, it can cause:

- **Motor vehicle crashes**
- **Injuries at work and home**
- **Personality changes**
- **Poor concentration**
- **Irritability**

Other sleep disorders such as restless leg syndrome, periodic limb movement disorder and narcolepsy can affect your health.

## Cass Regional Medical Center Offers a Professional Sleep Lab with Minimal Wait for an Appointment

**Most sleep disorders can be successfully treated or controlled once properly diagnosed.** Diagnosing sleep disorders is not simple because there can be many different reasons for disturbed sleep. Several tests are available for evaluating a person for sleep apnea and other sleep disorders.

**Your doctor will order an overnight polysomnography to determine whether or not you have a sleep disorder.**

Polysomnography is a test that records a variety of body functions during sleep, such as electrical activity of the brain, eye movement, muscle activity, heart rate, respiratory effort, air flow and blood oxygen levels. These recordings are used to diagnose sleep disorders, including sleep apnea, and to determine the severity of the disorder.

**The Sleep Lab at Cass Regional** is dedicated to the evaluation, diagnosis and treatment of sleep disorders in our community.

We are proud to work with the **National Sleep Foundation** as a Sleep Care Center Member.



NATIONAL SLEEP  
FOUNDATION

*Sleep Care Center Member*

**Our Sleep Lab provides the most accurate and detailed information available today.** A physician specializing in sleep medicine works hand-in-hand with your physician to guarantee accurate and prompt results from your study.

**A sleep study does not hurt.** You sleep in a room much like a hotel or hospital room. Our professional and courteous staff will make every effort to assure your stay is as comfortable as possible.

**If you experience any of the symptoms of sleep apnea or other sleep disorders, tell your physician, or contact the staff at our Sleep Lab today.**

### Contact Information:

Rebecca Wagner, Sleep Lab coordinator  
Cass Regional Medical Center  
Sleep Lab  
(816) 380-3474, ext. 4180

### Instructions for your sleep study

**Try to obtain your usual amount of sleep the night before your test.**

- **Do not nap.**
- **Do not consume caffeine.**
- **Do not consume alcohol.**
- **Eat dinner prior to arriving at the Sleep Lab.**
- **Take medications as prescribed by your doctor - bring night-time meds with you to the Sleep Lab.**

**Note: Medications must be self-administered. No medications will be administered by Sleep Lab staff.**