



Mercy Sleep Center



A service of Mercy Medical Center—Des Moines

What is a sleep center?

A sleep center is a medical facility dedicated to diagnosing and treating patients with sleep-related problems. Mercy Sleep Center is staffed by board certified/eligible sleep physicians, physician assistants and registered technologists experienced in helping patients with sleep-related disorders. You can discuss your sleep-related problems with your physician and be referred to the Mercy Sleep Center, or you can call the Mercy Sleep Center directly to set up an appointment with our sleep physicians.

What is a sleep evaluation?

A sleep evaluation is painless. Each patient completes a questionnaire about their sleep problems. An extensive consultation appointment with a board certified/board eligible sleep physician then focuses on your history and symptoms of sleep problems.

During this appointment the sleep physician may determine you require a sleep study. Depending on the results of the first study, a second night study may be required. The sleep rooms at Mercy Sleep Center are private rooms with full bathrooms. The rooms are furnished with queen beds, recliners and cable television. A variety of electrodes and monitoring devices are connected to you during a sleep test. While asleep, our registered technologists monitor your brain wave activity, muscle activity, blood oxygen levels, airflow from your nose and mouth, and your chest and abdomen effort of breathing.

After your testing is complete, a technologist will perform an analysis of your recording. The physician will then interpret your test.

The cost of the sleep study is covered by most insurance companies.

Sleep is an important part of our overall health. It is an active state that renews our mental and physical health each day. The National Sleep Foundation estimates 30 to 40 percent of the population is affected by a sleeping problem some time in their lives.

Most adults need seven to eight hours of sleep each day. You know you're getting enough sleep if you feel refreshed when you awaken and remain alert throughout the day. If you consistently have trouble sleeping or are very sleepy while you are awake, you may need a professional evaluation to determine if you have a sleep disorder.

Answer these questions to see if you may have a sleep problem.

1. Do you feel sleepy during the day, even when you get a good night's sleep?
2. Have you been told or suspect you stop breathing while asleep?
3. Do you often wake up at night and have trouble falling back asleep?
4. Have you been told you snore loudly?
5. Have you fallen asleep at inappropriate times, such as while driving or in the middle of a conversation?
6. Do you have morning headaches?

If you answered yes to one or more of the preceding questions, you may have a sleeping problem. Evaluation by the Board Certified Sleep Physicians at Mercy Sleep Center will determine if you have a sleeping problem.

Sleep disorders come in a variety of forms. There are 84 disorders of sleep and wake that can lower your quality of life and cause personal health problems. Some of these sleep disorders are described below:

Insomnia

Insomnia is the inability to fall asleep regularly or stay asleep. Insomnia is a symptom that can be caused by a variety of reasons. Chronic depression, stress, noise, pain, or chronic breathing disorders can affect your ability to fall asleep. Other causes of insomnia may be drinking caffeine close to bedtime, misusing sleeping pills, alcohol use, and restless legs.

Obstructive Sleep Apnea and Snoring

Snoring is often more than just annoying. It may be a symptom of a more serious sleep disorder called obstructive sleep apnea. However, not all people with apnea snore.

If you have sleep apnea, you periodically stop breathing or have partial airway obstruction while sleeping. You may stop breathing just a few times each night or more than 100 times a night. Breathing may stop for 10 seconds or more than a minute. When you resume breathing, there may be a loud snort or gasp and you may briefly awaken.

Sleep apnea is often associated with excessive daytime sleepiness because your rest is regularly disturbed. However, you may not have any symptoms and still have apnea. High blood pressure, weight gain, diabetes and heart disease are often associated with this disorder. Possible consequences of untreated sleep apnea are high blood pressure, heart attack, heart failure, stroke and increase in mortality.

Narcolepsy

Narcolepsy is the uncontrollable desire for sleep or sudden attacks of sleep. Excessive daytime sleepiness is the primary symptom of this condition. Three more unusual symptoms associated with narcolepsy are: a sudden loss of muscle tone triggered by emotions (laughing, crying), paralysis associated with sleep, or hallucinations occurring between wakefulness and falling asleep.

Parasomnias

Parasomnias include a wide range of disruptive sleep-related events. These behaviors and experiences may be infrequent and mild. Sometimes when they occur often enough, medical attention may be indicated. Sometimes these behaviors are normal in children, but are not normal for adults.

Confusional arousals, sleep walking, sleep-related eating, sleep terrors, sleep paralysis, nocturnal seizures, acting out during dreams, sleep starts, teeth grinding, sleep talking, and headbanging are examples of parasomnias.

A sleep specialist is necessary when potentially dangerous behavior could cause injury, disturbs other household members, or causes excessive sleepiness during the day.

If you have symptoms similar to those in this brochure, contact your physician or the Mercy Sleep Center.

Mercy Sleep Centers Staff

The staffs of the Mercy Sleep Centers in Clive and Ames are trained to treat all patients who have sleep-related difficulties. Each sleep center patient is seen by a board certified or eligible sleep physician. The sleep centers also have registered technologists and nurses to work with you to understand your treatment.

Mercy Sleep Center – Clive

Donald Burrows, M.D., DABSM

Wendy Fluegel, M.D., DABSM

Roger Liu, M.D., DABSM

Melissa Coaker, M.A., M.D., DABSM

Nguyen-Ly Huynh, PA-C

Mercy Sleep Center – Ames

Roger Liu, M.D., DABSM

Mark Berry, D.O., FACC

Pat Aldrich, ARNP

Mercy Sleep Center offices are open from 8 a.m. to 5 p.m., Monday through Friday.

For more information call:

Mercy Sleep Center – Clive
515-358-9600

Mercy Sleep Center – Ames
515-232-2605

(located inside of Iowa Heart Center–Ames)

Mercy Sleep Center is accredited by the
American Academy of Sleep Medicine.



MEMBER CENTER

1449 NW 128th Street, Ste. 100, Clive, Iowa 50325

1816 Philadelphia St., Ames, Iowa 50010

www.mercydesmoines.org