

What is a sleep center?

A sleep center is a medical facility dedicated to diagnosing and treating patients with sleep-related problems. The Sleep Center at Mercy is staffed by medical experts experienced in helping patients with sleep-related disorders. Discuss all sleep-related problems with your physician so he/she can refer you to us for an evaluation.

What is a sleep evaluation?

A sleep evaluation is painless, and could help secure the sleep you need in the years to come.

- Each patient completes a questionnaire about their sleep problems. You may be asked to keep a sleep diary for one or two weeks. An extensive follow-up interview with a sleep center physician then focuses on your history and symptoms of sleep problems.
- Patients are scheduled to come to the Sleep Center at Mercy to sleep for one or two nights in one of our eight comfortable sleep evaluation rooms. A variety of electrodes and monitoring devices are attached to you during a sleep test. While you sleep, our technicians monitor your: brain wave activity; muscle activity in your chin; eye movement; leg muscle activity; blood oxygen levels; airflow from your nose and mouth; and your chest and abdominal effort in breathing.

The results of this evaluation are studied by our staff and, depending on your diagnosis, our physician will discuss treatment options. Treatment plans are discussed with you following a sleep study. When appropriate, you'll come back to the Sleep Center at Mercy for follow-up evaluations to determine the effectiveness of the treatment.

The cost of sleep evaluations is covered by most insurance companies.

Mercy's staff

The staff of the Sleep Center at Mercy is trained to treat all patients who have sleep-related difficulties. Everyone who visits Mercy's Sleep Center will be seen by a physician specializing in sleep disorders. Donald Burrows, M.D., is the Medical Director of Mercy's Sleep Center. He is an Accredited Clinical Polysomnographer by the American Board of Sleep Medicine.

THE SLEEP CENTER AT MERCY IS
OPEN 8 A.M. TO 5 P.M.
MONDAY THROUGH FRIDAY.
FOR MORE INFORMATION, CALL
MERCY'S SLEEP CENTER AT

(515) 247-3171

Mercy Sleep Center
is accredited by



A member of Mercy Health Network

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The Sleep Center at Mercy



Excellence.
Every Day in Every Way.™

Sleep is an integral part of life, but it's not always a welcome or peaceful close to a busy day. Some people suffer almost unbearable torture as they toss and turn. Others find sleepiness an uncontrollable intruder. It's been estimated that 30 to 40 percent of the population suffers from a sleeping problem at some time in their lives.

Most adults need seven to eight hours of sleep each day – some need less than four, others more than ten. You know you're getting enough sleep if you feel refreshed when you awaken and are alert throughout the day. But if you consistently have trouble sleeping when you normally sleep or are very sleepy while you're awake, you may need a professional evaluation to determine if you have a sleep disorder.

Answer these questions

1. Have you been told you snore in a loud, disruptive manner?
2. Do you have difficulty falling and staying asleep?
3. Do you sleepwalk?
4. Do you ever awaken gasping for breath or unable to breathe?
5. Do you ever awaken from sleep because of regurgitation or a burning in the throat?

If you answered “yes” to one or more of the preceding questions, you may be among those who have a sleeping problem. And, you may need to be evaluated at a sleep center – like the Sleep Center at Mercy.

Sleeping problems take a variety of forms

Insomnia

Insomnia is the inability to fall asleep regularly or stay asleep. Insomnia is a symptom that can be caused by a variety of conditions: psychological (chronic depression or temporary stress), environmental (noise) or physiological (temporary pain or chronic breathing disorder). An irregular sleeping schedule or drinking caffeinated beverages close to bedtime also can cause insomnia. Misusing sleeping pills or alcohol are other common causes of insomnia.

Sleep apnea and snoring (adult and infant)

Snoring is often more than just annoying. It may be the symptom of a more serious sleep disorder called sleep apnea.

If you have sleep apnea, you periodically stop breathing while sleeping. You may stop breathing just a few times or hundreds of times each night. Breathing may stop for only a few seconds or as long as two minutes. When you resume breathing, there may be a loud snort or gasp, and you may briefly awaken.

Sleep apnea is usually associated with daytime sleepiness because your rest is regularly disturbed. High blood pressure and weight gain are often associated with this disorder. Sleep apnea is most common in men who have high blood pressure, are overweight and snore; but anyone can be affected by this sleeping problem.

Do your legs jerk? Do your legs jerk or contract while sleeping?

Usually, individuals are unaware of leg movements while they sleep, and only become aware of the leg jerks through an evaluation at a sleep center. Because of the intense physical activity, you may not get the rest you need and feel excessively sleepy.

There are several effective pharmaceutical treatments for leg jerks. Your treatment is tailored to meet your specific needs.

Narcolepsy

Narcolepsy is the uncontrollable desire for sleep or sudden attacks of sleep. Daytime sleepiness is the primary symptom of this condition. Three more unusual symptoms associated with narcolepsy are: cataplexy; sleep paralysis; and hypnagogic hallucinations.

Other sleep disorders

Sleepwalking, night terrors, nightmares, bed-wetting, tooth grinding and nocturnal head-banging also can disrupt your sleep. Among children, sleepwalking or bed-wetting may be common, but in adults, these disorders may be symptoms of more serious problems.

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