

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's registered technologists/respiratory therapists work with board certified/eligible sleep physicians and physician assistants experienced in helping patients with sleep-related disorders. You can discuss sleep-related problems with your physician to determine referral options.

WHAT IS A SLEEP EVALUATION?

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

During this appointment the sleep provider may recommend a sleep study. Depending on the results of the first study, a second sleep 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 the body during a sleep test. While asleep, our registered technologists/respiratory therapists monitor brain wave activities, muscle activity, blood oxygen levels, airflow from the nose and mouth, and the chest and abdomen effort of breathing.

After testing is complete, a technologist will perform an analysis of the recording. The provider will then interpret the results of the study.

The cost of the sleep study is determined by your insurance company and plan. Mercy Sleep Center is an outpatient department of Mercy Medical Center – Des Moines. Financial assistance is available to those who qualify.

MERCY SLEEP CENTER STAFF

The staff of Mercy Sleep Center 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 and/or sleep-trained certified physician assistant. The sleep centers also have registered technologists to work with you to understand your treatment.

Sleep studies can be conducted in Clive, Grinnell, Knoxville or Centerville.

MERCY SLEEP CENTER – CLIVE

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



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SLEEP CENTER

Mercy Medical Center – Des Moines



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.

On average, most adults need seven to eight hours of sleep each day. If you are consistently having 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 these 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 the 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 the 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 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

Parasomnia is a term used to describe abnormal things that can happen to people while they sleep. Behaviors and experiences of parasomnia may be infrequent and mild. A wide range of disruptive sleep events related to parasomnia may include:

Confusion arousals, sleep walking, sleep-related eating, sleep terrors, sleep paralysis, nocturnal seizures, acting out during dreams, sleep starts, teeth grinding, sleep talking, head banging.

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.

