

What can you do about your sleep problems?

1 Take our Sleep Quiz

Could you be suffering from a life-threatening sleep disorder. Take our Sleep Quiz on this page and discuss the results with your doctor.

2 Talk with your doctor

Tell your doctor all of your symptoms.



3 Learn about different solutions

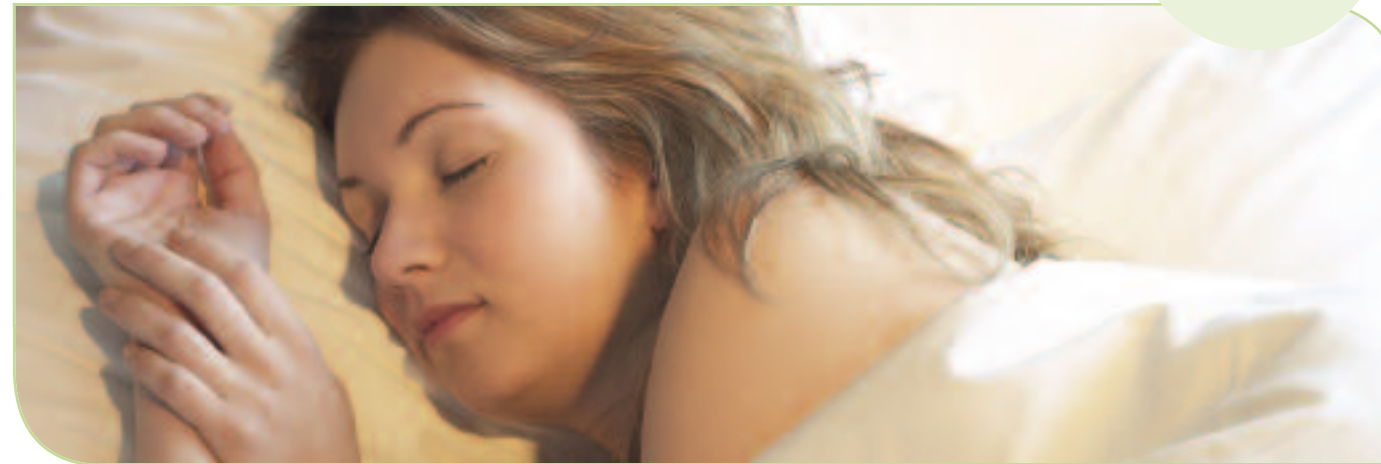
There are many medical solutions:

OVERNIGHT SLEEP TESTS: Your doctor may prescribe a polysomnogram (PSG) which is a painless overnight test that records brain wave activity, eye movements, muscle activity, heart rate and rhythm, nasal air-flow, breathing depth, blood oxygen saturation, and other physical behaviors. Sleepwell conducts these tests.

CPAP: Short for Continuous Positive Airway Pressure. This device delivers pressurized air keeping your throat open to reduce pauses in breathing. (Note: Sleep tests and CPAP are usually covered by most insurances.) Sleepwell supplies CPAP.

DRUGS: Some prescription and over-the-counter drugs may offer relief. But many times, some of these drugs are addictive and do not offer long-lasting sleep solutions.

SURGERY: There are many surgeries. For example, your doctor may suggest a UPPP which widens the oropharyngeal airway. Or your doctor may reposition the lower jaw. (Surgery should be your last option. Ask your doctor.)



4 Improve your sleep hygiene

- Go to bed and wake up at the same time every day, including weekends.
- Establish a regular, relaxing bedtime routine such as taking a bath, reading a book or listening to music.
- Create a sleep-conducive environment that is dark, quiet and cool.
- Sleep on a comfortable mattress, using proper pillows.
- Use your bedroom only for sleep and sex.
- Remove work, computers and TVs out of the bedroom.
- Finish eating at least 2-3 hours before bedtime.
- Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
- Avoid nicotine, alcohol, caffeine and stimulants close to bedtime.

6 things you must know about sleep

- 1 Sleep is a necessity, not a luxury.
- 2 You are how you sleep. Your nighttime sleep affects your daily life. Don't cheat on sleep.
- 3 Sleep is essential to good health, safety and optimum performance. Lack of sleep affects your mood and behavior and contributes to a poor performance.
- 4 Make time for sleep. Sleep is as important as exercise and nutrition for a healthy life.
- 5 Make sufficient sleep a priority. A good night's sleep should be a regular part of your schedule.
- 6 Learn to recognize sleep problems. Daytime sleepiness or sleeping problems can signal a sleep disorder that usually can be treated. Take our Sleep Quiz and talk with your doctor.

Take this sleep quiz and talk with your doctor.

SLEEP QUIZ

After taking this quiz, share your results with your doctor.

If you marked three or more boxes, you may have a life-threatening sleep disorder

- I do not feel that my sleep is refreshing.
- I feel sleepy or tired during the day.
- I have trouble falling asleep.
- I have a difficult time staying asleep.
- I snore.
- I stop breathing while asleep.
- I sleep restlessly, tossing and turning.
- I have an uncomfortable feeling in my legs.
- I sweat excessively during my sleep.
- I awaken with headaches.
- I fall asleep at inappropriate times.
- I fall asleep while watching TV or reading.
- I wake up in the night.
- I fall asleep while driving.
- I have noticed a change in my personality.
- I have high blood pressure.
- I am overweight.

If you have questions or would like more information, call Sleepwell at 801.523.7533.

Do you snore? Do you feel tired during the day? You may have a life-threatening condition.

YOU ARE NOT ALONE!

- 70 million people in the United States have a sleep problem
- 40 million adults suffer from chronic sleep disorders
- 30 million have intermittent sleep-related problems
- \$18 billion is lost in productivity because of sleep loss
- 74% of adults have one symptom of a sleep problem
- 25% of adults don't get enough sleep
- 16% are so sleepy it interferes with daily activities
- 200,000 auto accident are related to lack of sleep
- 38,000 fatal heart attacks per year are related to poor sleep
- 25% of ADHD children have a sleep disorder, not ADHD
- 50,000 preventable deaths each year result from sleep apnea
- Sleep disorders affect all ages, genders, and races

Despite these figures, 95% of people suffering from a sleep problems are undiagnosed.

Do you have these SYMPTOMS?

- | | |
|------------------|-------------------------------|
| ✓ Snoring | ✓ Abnormal breathing |
| ✓ Fatigue | ✓ Daytime sleepiness |
| ✓ Headaches | ✓ Obesity or large neck |
| ✓ Depression | ✓ Poor concentration |
| ✓ Anxiety | ✓ Long periods of sleep |
| ✓ Nightmares | ✓ Impaired alertness |
| ✓ Moodiness | ✓ Difficulty falling asleep |
| ✓ Hallucinations | ✓ Frequent awakenings |
| ✓ Poor health | ✓ Unable to go back to sleep |
| ✓ Hypertension | ✓ Pauses in breathing |
| ✓ Gasps for air | ✓ Difficulty sleeping |
| ✓ Loss of energy | ✓ Nocturia |
| ✓ Drowsy driving | ✓ Inability to solve problems |



You may have one of these SLEEP DISORDERS

- **Insomnia:** This is usually the most common sleep disorder. Insomnia is trouble falling asleep, waking frequently, waking too early, and the inability to get back to sleep.
- **Apnea:** Also called Obstructive Sleep Apnea or OSA. This is called the “silent killer” because it causes the partial or complete cessation of breathing during sleep.
- **Narcolepsy:** Difficulty staying awake; a condition of frequent and uncontrollable desire for sleep.
- **Periodic Limb Movement Disorder (PLMD):** Periodic involuntary movement of the legs or arms during sleep.
- **Restless Leg Syndrome (RLS):** Crawling, creeping or pulling feeling in the legs causing an urge to move.
- **Parasomnia:** Sleep walking, sleep talking, night terrors, sleep-related eating, teeth grinding.
- **Gastroesophageal Reflux Disease (GERD):** The flow of stomach acid to the esophagus disrupting sleep.

CONSEQUENCES of sleep disorders

If you do not uncover and correct your sleep problems, you may suffer devastating results:

- Heart attacks
- Strokes
- High blood pressure
- Increased chance of obesity
- Auto accidents
- Work injuries and accidents
- Impotence
- Loss of energy
- Problems controlling diabetes
- Negative effects on family, work, and school

If you feel you might have a sleep disorder, talk with your doctor and take our sleep quiz (inside). If you have questions or would like more information, call Sleepwell at 801-523-7533.

Introducing Sleepwell Laboratories...

Why is Sleepwell the logical place to solve your sleep problem?

At Sleepwell Laboratories we conduct overnight sleep tests and provide the equipment to treat sleep disorders. Unlike other sleep centers—which are traditionally located in hospitals or office buildings—we are permanently located in hotels for optimal comfort. We are considered the “gold standard” of sleep testing and CPAP facilities for these three reasons:

- 1) PATIENT COMFORT**
 - Private bedrooms with queen size bed for all patients
 - Private bathrooms and telephone in every room
 - Individual room temperature controls
 - Hotel amenities including pool, spa and free breakfast
- 2) MEDICAL SUPERIORITY**
 - Latest-generation medical testing equipment
 - Board Certified Medical Director on staff
 - Registered Polysomnographic Technologists on site
 - Timely and accurate reports to your doctor
 - Adherence to the AASM Accreditation Standards

- 3) CONTINUITY OF CARE**

Not only do we provide our patients with sleep diagnostic testing, but all of the equipment and supplies needed for those being treated with CPAP or Bi-level PAP therapy.



Located inside the
COUNTRY INN & SUITES

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National Sleep Foundation
www.sleepfoundation.org

Accredited by the American Academy of Sleep Medicine
www.aasmnet.org



Trouble Sleeping?

Take our Sleep Quiz inside and talk to your doctor.

