Common Signs and Symptoms of Sleep Disorders
Sleep disorders can present a wide range of symptoms. The following are a few of the more common:

- Loud snoring
- Daytime sleepiness
- Difficulty staying awake when sitting still or watching TV
- Difficulty concentrating
- Pauses in breathing during sleep
- Gasping or choking during sleep
- Feeling tired after a full night’s sleep
- Waking up with shortness of breath, chest pain, or dry throat
- High blood pressure
- Depression
- Short-term memory loss or trouble concentrating
- Frequent leg jerks during sleep
Welcome to the MCH Sleep Center
If you are experiencing poor sleep, you may be risking more than a good night's rest. In fact, you could be jeopardizing your overall health. The MCH Sleep Center, with relaxing private rooms and state-of-the-art sleep lab, will help diagnose your sleeping disorders and get you back on track to improving your quality of life by promoting restful, healthy sleep.

What is a Sleep Study?
A sleep study, also known as a polysomnogram, is a diagnostic procedure that monitors sleep and breathing patterns while you are at rest. The studies are conducted during an overnight outpatient stay in our hotel-style sleep center using sensors that are gently applied to the skin. These sensors will record brain waves, eye movements, heart rate, oxygen levels, and muscle movements - all of which will help to determine the quality of your sleep and the extent of any sleep-related issues that may be present.

A Board Certified Sleep Physician will review your sleep study once it is completed and the results will be reported to your Primary Care Physician for follow-up.

What types of Sleep Disorders are evaluated in the sleep center?
The most common sleep disorder that is evaluated at the center is Sleep Apnea or sleep disordered breathing. Other types of sleep disorders assessed are periodic leg movement syndrome (PLMS), restless leg syndrome (RLS), Rapid Eye Movement (REM) behavior disorder, sleep terrors, and teeth grinding or clenching (also known as Bruxism).

What to expect the night of your study.
We ask that you arrive at the sleep center between 7:30 pm and 8:00 pm on the night of your appointment. We will conduct a brief interview, provide an explanation of the diagnostic procedure and answer any questions you may have concerning your stay. We will then apply the sensors and give you time to acclimate to your new surroundings.

Please bring comfortable sleeping attire, as well as reading material, a laptop computer, or anything else that may help you relax prior to bedtime. You may also watch TV before the study begins if desired.

You will be released no later than 7:00 am the following morning. We can also arrange an earlier release if needed.

What can you bring the night of the test?
Please bring comfortable sleeping attire and any other hygiene products you may need to use prior to bedtime. If you have a favorite pillow or blanket, feel free to bring them with you. We want you to feel as comfortable as possible during your stay. You may also bring a snack, drink, or anything else you routinely use at bedtime. A private bathroom is provided in each sleep room for your convenience.

How should you prepare for the test?
Please avoid caffeine (such as coffee, tea, soda or chocolate) the entire day of your study. Do not take a nap after 12:00 pm the day of your study. Avoid alcohol unless otherwise directed by your physician. We also ask that you shower and wash your hair prior to the study. It is very important to not use lotions, oils, or hair products (such as gels or sprays) as this may interfere with the sleep study.

Can you take your usual medications?
It is important to discuss the use of medications with your physician prior to undergoing a sleep study. You should take all prescribed medications unless otherwise instructed. Please note, we do not provide any medications to aide in sleep.

Treatments for Sleep Disorders
The most common treatment for Sleep Apnea or sleep disordered breathing is the Continuous Positive Airway Pressure machine, also known as a CPAP. This machine provides the most effective treatment for these conditions. CPAP uses a prescribed amount of pressurized air to prevent the collapse of your airway during sleep. When properly set, the CPAP can promote restful sleep by eliminating snoring and sleep disordered breathing.

The CPAP is one of many treatment options available. Other treatments may include medications to control muscle movement, surgery to correct abnormalities in the anatomy, and oxygen for improved sleep hygiene. Your physician will discuss these options with you if so prescribed.