

If you have experienced any of the following symptoms in the last year, check the box beside the number.

- 1. I have difficulty falling asleep.
- 2. Thoughts race through my mind preventing me from sleep.
- 3. I feel afraid to go to sleep.
- 4. I wake up during the night and can't go back to sleep.
- 5. I worry about things and have trouble relaxing.
- 6. I wake up too early in the morning.
- 7. I lie awake for half an hour or more before I fall asleep.
- 8. I feel tired or sleepy during the day and/or evening.
- 9. I feel sad and depressed.
- 10. I've been told I snore.
- 11. I've been told that I stop breathing while I sleep.
- 12. I have high blood pressure.
- 13. My friends and family said they have noticed changes in my personality.
- 14. I am gaining weight.
- 15. I sweat during the night.
- 16. My heart pounds during the night.
- 17. I get morning headaches.
- 18. I sometimes wake up with a dry mouth.
- 19. I suddenly wake up gasping for breath during the night.
- 20. I am overweight.
- 21. I seem to be losing my sex drive.
- 22. I sometimes have to fight sleep while driving.
- 23. I feel sleepy during the day even though I slept through the night.
- 24. I have trouble concentrating in school or meetings at work.
- 25. When angry or surprised, I feel like I'm going limp.
- 26. I have fallen asleep while driving.
- 27. I feel like I go around in a daze.
- 28. I have experienced vivid like dreams upon falling asleep or awakening.
- 29. I have fallen asleep during physical effort.
- 30. I feel like I am hallucinating when I fall asleep.
- 31. I feel like I have to cram a full day into every hour to get anything done.
- 32. I have sunk down or lost muscle control when laughing or crying.
- 33. I have trouble at work because of sleepiness.
- 34. I have vivid nightmares soon after falling asleep.
- 35. I fall asleep while watching a movie or TV.
- 36. No matter how hard I try to stay awake, I fall asleep anyway.
- 37. I feel unable to move when I am waking up or falling asleep.
- 38. I have been told that I kick at night.
- 39. I have noticed (or others have told me) that parts of my body jerk during sleep.
- 40. Other than when exercising, I still experience muscle tension in my legs.
- 41. I experience leg pain during the night.
- 42. I experience an aching or "crawling" sensation in my legs while in bed.
- 43. Sometimes I can't keep my legs still at night. I just have to move them.
- 44. I awaken with sore or achy leg muscles.
- 45. Even though I slept through the night, I still feel sleepy during the day.

Questions 1 through 8 – If you marked three or more boxes, you show symptoms of **INSOMNIA**, a persistent inability to fall asleep or stay asleep.

Questions 9 through 21 – If you marked three or more boxes you show symptoms of **SLEEP APNEA**, a potentially life threatening disorder which causes you to stop breathing or impairs your breathing, often several hundred times per night which may seriously disrupt sleep.

Questions 22 through 37 – If you marked two or more boxes, you show symptoms of **NARCOLEPSY**, a life long disorder characterized by uncontrollable sleep attacks during the day.

Questions 38 through 45 – If you marked two or more boxes, you show symptoms of **PERIODIC LEG MOVEMENTS IN SLEEP or RESTLESS LEGS SYNDROME**, a disorder characterized by frequent, involuntary leg movements during sleep or a sometimes painful "crawling" sensation in the legs.

Directions

From Route 93 North

Take Exit 4 (Route 102 East). At the end of the exit ramp, turn right. At the second traffic light, turn right onto Birch Street. Parkland Medical Center will be approximately 1 mile on the left.

From Route 93 South

Take Exit 4 (Route 102 East). At the end of the exit ramp, turn left. At the third traffic light, turn right onto Birch Street. Parkland Medical Center will be approximately 1 mile on the left.

Center for Sleep Diagnostics



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JEFFREY RIND, M.D., PH.D.
BOARD CERTIFIED, NEUROLOGY

“The Center for Sleep Diagnostics is committed to providing sleep consultations in a timely manner to ensure efficient and effective diagnosis and treatment of your sleep disorder.”

Sleep Disorders

An estimated 30 million Americans suffer from sleep disorders such as sleep apnea, restless leg syndrome, narcolepsy, and insomnia. One out of six Americans has a sleep disorder, which can rob them of sleep, energy, and attention. Many of these people suffer simply because they are unaware a problem exists. Sleep disorders are a common and frequently overlooked problem that can have serious health and lifestyle consequences. The quality of your sleep directly affects the quality of your life.

A RESTFUL NIGHT'S SLEEP

Specialists in Sleep Disorders

Board certified Neurologist Jeffrey Rind, M.D., Ph.D and board certified Pulmonologist Inna Kogan, M.D., also board certified in sleep medicine, serve as Medical Directors of the Center. Both are specialists in sleep disorders and offer sleep consultations for the proper diagnosis of patients. Parkland's sleep technologists are experienced and caring professionals. The administrative staff members are available to offer support to both the referring physician's office staff and patients by scheduling and answering questions about overnight testing and other services.

Your Sleep Study

Your sleep study is typically scheduled within two to three weeks. This important study will assist your physician in the diagnosis of your sleep disorder.

When arriving for your appointment, typically between 7:30 p.m. and 8:45 p.m., you should enter through the Emergency Department Entrance and proceed to the after hours registration. Once registered, you should remain in the waiting area until the sleep technologist, who will escort you to the sleep lab, meets you.

During the study, tiny gold plated sensors are applied to your scalp and skin, and in some cases an oxygen mask will be used, while performing a polysomnogram.

A polysomnogram is a continuous recording of body functions during sleep. Brain waves, eye movement, and muscle tone, which determine your sleep stages, are recorded as well as heart rate, sleep movements, and sounds. Additional polysomnogram measurements can be made for patients with other suspected disorders.

A qualified sleep physician will coordinate a consultation to ensure you have the most appropriate sleep exam. The overnight study is usually completed by 6:00 a.m.

Following your sleep study, an interpretation will be performed by a sleep physician. Sleep interpretation reports are provided to your primary care physician within two weeks of the overnight study. If necessary, the sleep physician will coordinate an effective treatment for your disorder.

Safety, Comfort, and Convenience

The Center for Sleep Diagnostics at Parkland Medical Center offers state-of-the-art technology as well as a comfortable, friendly, safe environment. You will have a private room and will be monitored from an adjacent control room. The rooms include floor rugs, decorative headboards, quilts, and special mattresses and pillows. All rooms are handicapped-accessible and include a private bath and shower, television, and VCR. The technologist has the responsibility to make your laboratory stay comfortable and safe while obtaining a high quality sleep recording.

For further information about the Center for Sleep Diagnostics at Parkland Medical Center, call (603) 421-2098, Monday through Friday from 9:00 a.m.- 3:00 p.m.



Common Indicators of Sleep Disorders

Choking during sleep
Difficulty falling asleep
Difficulty maintaining sleep
Dysphoria and depression
Excessive daytime sleepiness/fatigue
Excessive sweating during sleep
Frequent awakenings from sleep
Frequent nightmares
Gasping during sleep
Gastro-esophageal reflux
Headaches
Hypertension
Irritability
Leg twitching at night
Loud snoring
Memory loss
Overweight
Pauses in breathing
Personality changes
Sleep-associated laryngospasm
Walking/talking during sleep

DO'S AND DON'TS ON THE DAY OF YOUR SLEEP STUDY

Some patients should stop sleep medication, which might affect the polysomnogram, ten days before the test. You should continue to take all your regular medication unless otherwise instructed by your physician. Consult with your physician if you have any medication concerns.

Do

- Eat supper before reporting to the lab.
- Bring a book, magazine, or newspaper.
- Bring pajamas.
- Bring your toiletries.

Do Not

- Drink a large amount of caffeine 12 hours before your test.
- Nap the day of the test.
- Use creams, oil, or sprays on your hair or skin.
- Consume alcohol.