

- 18.) Y N I've been told that my arms jerk, or my legs kick during sleep.
- 19.) Y N I often get "creepy crawly" feelings in my legs when lying in bed.
- 20.) Y N I am often awakened by leg cramps or discomfort and have to walk around.
- 21.) Y N I have frequent bad dreams or nightmares.
- 22.) Y N I am told that I frequently talk, walk, or grind my teeth during sleep.

If you answered yes to two or more of questions 18-20, you may have Periodic Leg Movements in sleep. This disorder affects nearly 15% of those over age 55.

If you answered yes to questions 21-22, you may have a Parasomnia, or unusual behavior in sleep. If you have run the risk of being injured during a sleep-related event such as sleep walking, it should be evaluated.

NOW WHAT?

Contact your physician about your quiz results. Grand Lake Sleep Center will be happy to work with your physician to arrange any testing or treatment that may be required.

The Sleep Center Team —

- Registered Polysomnographers
- American Academy of Sleep Medicine Board Certified Physician

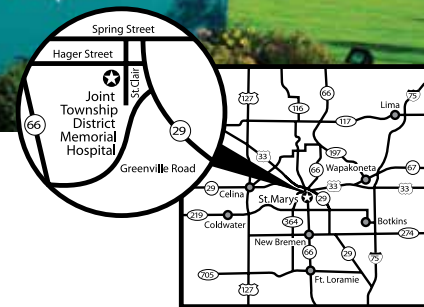
Access —

- Quick appointment scheduling
- Close parking
- Warm, inviting sleeping suites
- Convenient, safe location



Grand Lake Sleep Center —

- *Your sleep study is conducted in a comfortable atmosphere.*
- *We help you get a good night's sleep.*
- *We use state of the art equipment.*
- *Our suites are furnished with comfortable queen-sized beds in a homelike atmosphere.*
- *We handle all the paperwork.*



OUR MISSION

To optimize the health status of those we serve by providing the highest quality, value and service while remaining financially strong.

For more information contact:



GRAND LAKE[™]
HEALTH SYSTEM

Grand Lake Sleep Center

Accredited by the American Academy of Sleep Medicine
975 Hager Street • St. Marys, Ohio 45885
Phone: 419-394-9992 • Fax: 419-394-9627
www.grandlakehealth.org

GRAND LAKE SLEEP CENTER



EVALUATION AND TREATMENT
OF PATIENTS
WITH SLEEP DISORDERS





Sleep problems usually mean that other aspects of our lives suffer, such as work performance, social relationships, physical health and even sexual behavior. Since we spend one-third of our lives sleeping, the quality of our sleep impacts the overall quality of our lives.

Grand Lake Sleep Center is the area's most comprehensive sleep disorders center and is fully accredited by the American Academy of Sleep Medicine.

Our experienced staff can diagnose and treat sleep problems in adults, adolescents and pediatrics, which makes our sleep center unique.

You as a patient have the right to choose your sleep center. Make the right choice. Choose Grand Lake Sleep Center — dedicated to quality, service and education where your care is customized.

WHO ARE SLEEP STUDY CANDIDATES?

People who might suffer from one of the following symptoms:

- Fall asleep while watching television
- Doze off while reading a book
- Chronic fatigue
- Snoring
- Doze off while in a car
- Feel the need for frequent naps
- Significantly overweight
- Restlessness
- Sleepwalking
- Sleep Apnea
- Insomnia
- Circadian rhythm disorder



Sleep apnea, snoring and other sleep disorders —

More than 100 million Americans fail to receive a good night's sleep on a regular basis. It is estimated that only one of every four patients with a sleep disorder is diagnosed.

OSA (obstructive sleep apnea, most commonly known as snoring) is caused by a blockage in your airway that disrupts breathing during sleep. It can cause you to wake up — from a few times to hundreds of times throughout the night. You may not be aware that this is happening, but it can prevent you from a good night's sleep.

What is our facility like? —

Grand Lake Sleep Center is specifically designed for convenient outpatient use. Patients have easy access to the building with close parking, quick appointment scheduling, a safe location, and warm and inviting bedrooms featuring queen-sized beds!

Who provides treatment to patients? —

The Sleep Center team is comprised of multidisciplinary specialists who provide direct patient care. Our registered Polysomnography and American Academy of Sleep Medicine Board Certified physicians team up to give each patient the quality care they deserve.



DO YOU QUALIFY? — TAKE THIS QUIZ.

- 01.) Y N I've been told that I frequently stop breathing when I sleep.
- 02.) Y N My snoring is so loud people tell me they hear it in other rooms.
- 03.) Y N I awaken with a dry mouth.
- 04.) Y N I frequently have a morning headache.
- 05.) Y N Others tell me that my snoring is interrupted by pauses, gasps and snorts.
- 06.) Y N I have high blood pressure and am on medication.
- 07.) Y N I sleep well at night, but feel sleepy during the day, especially when driving or at work.
- 08.) Y N I have sleep attacks even though I fight them.

If you answered yes to three or more of questions 1-8, you may have Sleep Apnea, a serious disorder that can lead to increased risk of heart attack, stroke, or death if left untreated.

- 09.) Y N I see vivid dreamlike images when waking up or falling asleep.



- 10.) Y N I have suddenly become weak when angered, surprised, scared or saddened.
- 11.) Y N I have awakened to find that for several seconds I could not move.

If you answered yes to two or more of questions 7-11, you may have Narcolepsy, a life-long, inherited disorder of uncontrollable sleep attacks.

- 12.) Y N I often take 30 minutes or more to fall asleep.
- 13.) Y N I waken during the night, and have problems falling back asleep.
- 14.) Y N I wake up earlier than I would like.
- 15.) Y N Thoughts often race through my mind, preventing me from falling asleep.
- 16.) Y N I often feel sad or depressed.
- 17.) Y N I have problems falling asleep during the week, but sleep well during weekends or on vacation.

If you answered yes on two or more of questions 12-17, you may have Insomnia which is a long-term problem in nearly 15% of the entire population.

(continued)