

About AdventHealth Sleep Center

The AdventHealth Sleep Center* is nationally accredited by the American Academy of Sleep Medicine (AASM), which sets the medical standards for effective diagnosis and treatment of sleep disorders.

Please call 407-303-1558 or 407-303-0770 FAX to schedule an appointment at one of our locations.

**at AdventHealth Orlando*



407-303-1558 | AdventHealthNeuroInstitute.com

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-5600

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-5600.

AdventHealth Sleep Center



Do I have a sleep disorder?

Sleep disorders are common, yet they often go undiagnosed for years. Sufferers may be unaware that their normal sleep time is being disrupted and then attribute their daytime tiredness to other factors. If you wake up groggy, feel tired most of the day, or fall asleep at unusual times, you may have a sleep disorder.

Fortunately, these disorders are easily diagnosed and typically responsive to treatment. The AdventHealth Sleep Center diagnoses and treats a variety of sleep disorders, including obstructive sleep apnea (OSA), narcolepsy and restless leg syndrome (RLS).

Risk Factors

- Obesity
- Heart Disease
- Diabetes
- High Blood Pressure
- Smoking
- Gender (males are twice as likely to be diagnosed with sleep apnea)
- Shift Work

Most Common Sleep Disorders

Obstructive Sleep Apnea (OSA)

OSA is the most common disorder we treat. It is caused by a relaxation of the muscles in the back of the throat; this obstructs the airway and stops breathing during sleep. The brain immediately wakes up the OSA sufferer, often for only seconds, so the incident is easily forgotten by morning.

This pattern generally repeats multiple times during sleep. Loud snoring is also common. If you have OSA, you may wake up with headaches due to reduced oxygen in the blood, and you may feel extremely tired during waking hours.

Narcolepsy

Narcolepsy is characterized by an overwhelming desire to sleep at inappropriate times. This also causes daytime sleepiness. Other symptoms include:

- Sudden loss of muscle tone or control
- Inability to talk or move for a minute when falling asleep or waking up
- Hallucinations that occur when falling asleep and waking up
- Performance of routine tasks without conscious awareness

Restless Leg Syndrome (RLS)

RLS is a neurological movement disorder characterized by uncomfortable and sometimes painful sensations in the legs that produce an overwhelming desire to move them. The sensation can be throbbing, pulling, tingling, crawling or creeping. Symptoms worsen during periods of relaxation, including sleep.

Why Seek Treatment?

Most people find relief when their sleep disorder is treated, and they can once again enjoy a good night's sleep. Depending on the type of disorder you have, treatment may include a continuous positive airway pressure (CPAP) device, weight loss, surgery, oral night splints or medication.

But there are many other reasons to seek treatment. Lack of sleep can worsen or trigger serious conditions, including heart disease, diabetes, obesity and high blood pressure. With effective treatment of your sleep disorder, you may avoid or diminish negative effects of these conditions.

Snore Survey

The following survey will help you determine if you are suffering from symptoms of a sleep disorder.

1. ARE YOU A LOUD AND HABITUAL SNORER?
2. DO YOU FEEL TIRED AND GROGGY UPON AWAKENING?
3. ARE YOU OFTEN SLEEPY DURING WAKING HOURS OR DO YOU HAVE TROUBLE FALLING ASLEEP QUICKLY?
4. ARE YOU OVERWEIGHT OR IS YOUR NECK SIZE 17" OR LARGER FOR MEN, 16" OR LARGER FOR WOMEN?
5. HAS ANYONE TOLD YOU THAT YOU CHOKED, GASP OR HOLD YOUR BREATH DURING SLEEP?

If you answered yes to two or more of these questions, you may have a sleep disorder.

Call 407-303-1558 for more information.

Diagnosis Through A Sleep Study

The most common form of diagnosis is an overnight sleep study. Our facilities are equipped with the latest diagnostic technology to record and monitor your sleep patterns, heart activities, breathing and body movements. Our specialized team of medical professionals will facilitate your sleep study and interpret the results. Our sleep medicine team then arranges for the proper treatment and follow-up care.

To make sure your sleep study is a covered benefit, please contact your insurance provider directly.

To schedule a sleep study, call 407-303-1558 | 407-303-0770 FAX or visit AdventHealthNeuroInstitute.com.