

Let us help you
get a more
restful
night of sleep
with a sleep
study to
determine if you
need treatment

We perform home sleep tests, as well as attended, in-house sleep tests for sleep apnea with all studies being interpreted by our board certified pulmonologist.

We invite you to come for a complete sleep study here in Wahoo, where you'll be surrounded by familiar people and places, and have the privacy of your own large room and private bathroom. The room is furnished with a television, desk and bed. Since you're close to home, once you awaken, it's easy to keep your daily routine.

Our Certified Sleep Technologist will meet with you and connect you to monitors which can detect changes in breathing, heart rate, brain waves and much more. The technologist will be monitoring these patterns in an office several doors away. *You will have complete privacy while you sleep.*

*We want to help you
(& your partner) sleep better!*



Our respiratory therapist, **Macaela Happel, RRT** stresses the importance of sleep studies *to determine how your sleep is affecting your organs and your life.*



Kevin Reichmuth, MD
Medical Director of Pulmonology
Saunders Medical Center



READY TO SCHEDULE? HAVE QUESTIONS? CALL TODAY—

402 443-1426

SaundersMedicalCenter.com

CLICK ON THERAPY SERVICES



1760 COUNTY ROAD J, WAHOO, NE 68066 | 402 443-4191



Let us help you
get a more
restful
night of sleep
and day of
productivity

Sleep Studies

- ◆ Signs You Need a Sleep Study
- ◆ Risks of Sleep Apnea
- ◆ What is Sleep Apnea?
- ◆ Accredited Sleep Program
- ◆ Close-to-Home Solutions

HELPING YOU TO SLEEP BETTER



Snoring? Restless?
Tired during the day?

Signs you need a sleep study to improve your awake time—

- ◆ Being so sleepy during the day that it gets in the way of the normal things you do, such as work or school.
- ◆ Feeling tired in the morning.
- ◆ Having trouble concentrating.
- ◆ Waking up with a headache.

Your bed partner may notice that while you sleep:

- ◆ You stop breathing.
- ◆ You often snore loudly.
- ◆ You gasp or choke.
- ◆ You toss and turn.

Snoring and lack of sleep from apnea can make it hard to get through the day. **You may feel grouchy a lot and have trouble focusing on work and activities.** If you snore, your bed partner also might not get enough sleep. This can also cause your relationship to suffer.

Sleep Apnea is a Serious Disorder Affecting All Aspects of Your Life

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain—and the rest of the body—may not get enough oxygen.

If left untreated, sleep apnea can result in a growing number of health problems, including:

- ◆ High blood pressure
- ◆ Stroke
- ◆ Heart failure, irregular heart beats, and heart attacks
- ◆ Diabetes
- ◆ Depression
- ◆ Worsening of ADHD
- ◆ Headaches

Untreated sleep apnea may be responsible for poor performance in everyday activities and an increase in motor vehicle crashes.



What is a "Sleep Study"?

A polysomnogram (PSG) is an overnight sleep study that records brain activity, eye movements, heart rate, blood pressure, oxygen levels, body movement, and more.

Being able to sleep comfortably outside of one's own bed while hooked up to a myriad of wires may seem an impossible feat. But it's really not. Rarely does a sleep study fail because the patient was unable to sleep. Even if you think you didn't get any sleep during your sleep study, you may be surprised to find that you slept enough to obtain an adequate amount of data.