

# Are you tired of being tired?

## Sleeping

We spend about 1/3 of our lives sleeping, why not make the best of it. Depriving your body of much needed sleep can lead to long lasting and serious health problems. Here are some common sleep disorders:

- Sleep Apnea - A condition of interrupted breathing while asleep.
- Snoring - loud, disruptive upper airway breathing sounds. A symptom of sleep apnea.
- Insomnia - This is characterized by difficulty falling asleep, staying asleep, or waking too early in the morning.
- Restless leg syndrome - people experience a "creepy-crawly" sensation in legs or arms while sitting or lying still.
- Periodic limb movement syndrome - a condition in which a person's legs or arms twitch or move involuntarily and periodically during sleep.
- Narcolepsy - a sleep disorder that causes overwhelming and severe daytime sleepiness that often occurs at inappropriate times and places.

## Sleep Study

During a sleep study several functions are monitored and observed by a trained sleep technologist including brain activity, breathing, muscle activity, oxygen levels, leg movement, snoring and eye movement.

## Should you be Tested?

The following questionnaire will help you measure your general level of daytime sleepiness. Answers are rated on a reliable scale called the Epworth Sleepiness Scale (ESS) – the same assessment tool used by sleep experts worldwide.

Each item describes a routine daytime situation. Use the scale below to rate the likelihood that you would doze off or fall asleep (in contrast to just feeling tired) during that activity. If you haven't done some of these things recently, consider how you think they would affect you.

Please note that this scale should not be used to make your own diagnosis. It is intended as tool to help you identify your own level of daytime sleepiness, which can be a symptom of a sleep disorder.

Use the following scale to choose the most appropriate number for each situation:

- 0 = no chance of dozing                      2 = moderate chance of dozing  
1 = slight chance of dozing                3 = high chance of dozing

Situation	Chance of dozing			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (such as a theatre or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

My Score is:

If your score is less than 6 points, congratulations! You are getting enough sleep!

If you scored 6 to 9 points, you are sleepy and should make some lifestyle changes to ensure 8 hours of sleep every night.

If your total score is 10 or higher, consider discussing these results with your physician or other health-care provider. You might also wish to seek Hammond-Henry Sleep Disorder Center services for an accurate diagnosis and, if appropriate, effective treatment of a sleep disorder.

## Comfort

The Sleep Disorder Center is equipped with two comfortable bedrooms, queen size beds, fans, and television sets help create a soothing, home-like atmosphere.



The Sleep Disorder Center is located within Hammond-Henry Hospital quietly tucked away in a portion of the facility that is away from daily operations. Staff will personally greet you when coming to the center for testing.



We at Hammond-Henry Hospital Sleep Disorder Center want you to get a good night's sleep.

## Staff

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# Sleep Disorder Center



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