

## MCH Sleep Study Services

The Sleep Study Service at Morris County Hospital provides state of the art evaluation and treatment of sleep disorders for adults in a caring environment in order to improve the quality of life for those in our community. Our goal is to educate the general public on the importance and potentially serious consequences of untreated sleep apnea and sleep disorders.

MCH provides two private rooms with a relaxing atmosphere. Your primary care physician can refer you for the Sleep Study Service. Results will then be discussed with you by your primary care physician.



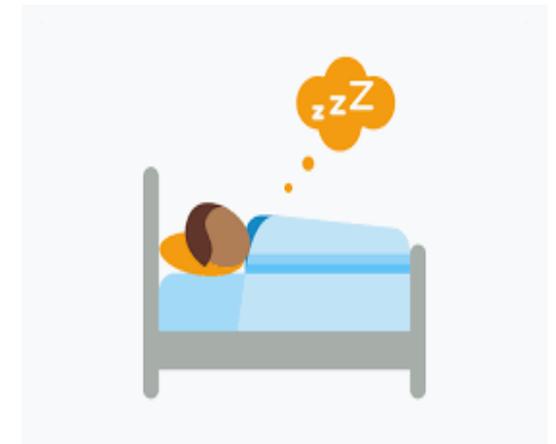
Our sleep professionals are ready to help you get a good night's rest. For more information on a sleep study, please call:

(620) 767-6811

Ext:111

**MCH**  
**MORRIS COUNTY HOSPITAL**

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Council Grove, KS 66846  
(620) 767-6811  
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## Are You Getting Enough Sleep?

The amount of sleep a person needs depends on many factors, including age. For example, in general:

- Infants require about 14-15 hours a day
- Teenagers need about 8.5-9.5 hours on average
- Most adults need 7-9 hours a night for the best amount of sleep, although some people may need as few as 6 hours or as many as 10 hours of sleep each day
- Women in the first 3 months of pregnancy often need several more hours of sleep than usual

## Sleep Disorders Treated Include:

- Sleep Apnea
- Snoring
- Insomnia
- Nightmares
- Bed-Wetting
- Sleep Walking & Talking
- Restless Leg Syndrome
- Fatigue
- And Much More

## Indications of Sleep Disorders:

- Excessive Daytime Sleepiness
- Fatigue
- Heavy Snoring
- Depression
- Personality Changes
- Reduced Concentration or Memory
- Morning Headaches
- Bizarre Nocturnal Behavior
- Sleep Disturbances

## Lack of Sleep Can Have Serious Health Consequences...

A lack of effective sleep does more than just make you grumpy or groggy. Interrupted sleep can cause daytime sleepiness, which increases your risk for accidents. Poor sleep can also significantly impact mood and memory. Your sleeping problem could be caused by obstructive sleep apnea, which may increase your risk for heart attack, stroke, diabetes, high blood pressure, and obesity. When you consider the health benefits of a good night's sleep, it's worth making sure your sleep time is time well-spent. Our Sleep Technicians can help identify, under your primary care doctors guidance, the risk bad sleep habits can put on your overall health. Some sleep disorders are serious enough to cause adverse cardiovascular and metabolic effects, as well as failure to thrive.

## What Happens During a Sleep Study?

A specially trained sleep technician will attach various sensors to the scalp, face, chest, and legs to monitor brain activity, eye movement, muscle tone, respiration and airflow, oxygen level, leg movement, and snoring. The test is read by a Sleep Specialist who is board certified in Sleep Medicine. The success of the treatment depends on the cause, type, and severity of the sleep disorder. Careful evaluation in the Sleep Disorders Study can often result in satisfying relief.

## Am I Suffering From Sleep Apnea?

Below are questions to ask yourself to determine if you would benefit from our Sleep Study Service.

- \*I have been told that I snore.
- \*I have been told that I hold my breath while I sleep.
- \*I have high blood pressure.
- \*I have been told that I'm grumpy and irritable.
- \*I wish I had more energy.
- \*I wake up with headaches.
- \*I wake up gasping for air.
- \*I wake up with chest pain.
- \*I wake up with a dry mouth and sore throat.
- \*I have difficulty with breathing through my nose at night.
- \*I nod off easily during the day.
- \*I become sleepy while driving.

If you answered "YES" to 4 or more questions, you may have a sleeping problem. Call your physician today to set up an appointment.