

## COULD YOU BE SLEEPING BETTER?

If the answer is “yes” to any of the following, you may need to consider consulting with a McLaren Lapeer Region Sleep Center specialist for further diagnosis and treatment options.

- Have you ever had an accident or near accident at work or while driving due to drowsiness?
- Do you snore?
- Have you ever fallen asleep while driving?
- Do you need a nap in the middle of the afternoon?
- Do you sleep longer on the weekend or holidays?
- Do you have difficulty sleeping during the night three or more times a week?
- Do you have heart disease or high blood pressure?
- Have you suffered from a stroke?
- Have you ever been told you have pulmonary hypertension (high blood pressure in the lungs)?
- Do you have difficulty concentrating?
- Have you been told you have Attention Deficit Disorder?
- Does anyone complain about your movement while you are sleeping?
- Do you wake up with a headache?
- Do you have Type II diabetes?

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LAPEER REGION

## SLEEP DIAGNOSTIC CENTER

**Sleep Diagnostic Center**  
1083 Suncrest Drive, Lapeer MI 48446  
(810) 667-5566

Accredited by the  
American Academy of Sleep Medicine

Rest assured with our care.



DOING WHAT'S BEST.



## NEW AWAKENINGS

Don't close your eyes to the possibility that a sleep disorder is causing your problems. Sleep disorders cause many people difficulty at work, at home and while driving.

The McLaren Lapeer Region Sleep Diagnostic Center can help you discover and overcome sleep disorder problems and put vitality back into your life.

After a referral to the center from your primary care provider, a sleep study is conducted overnight and results returned to you within a few days. A sleep study often indicates a problem with breathing, known as sleep apnea. This causes people to momentarily stop breathing and awaken from sleep in order to resume breathing. As a result, the

disorder causes drowsiness during daily activities. If you have sleep apnea, there is a device you can wear when sleeping that assists you in breathing. As a result, a restful night's sleep can occur and symptoms such as falling asleep while driving, nodding off to sleep at work, irritability, and lack of energy may disappear.

Severe snoring and periodic limb movements are also conditions that may disrupt your sleep and that can be diagnosed at the sleep center through a sleep study.

## MAKE AN APPOINTMENT

To schedule a sleep study appointment, you need a physician referral. Sleep Center physicians and staff are available to discuss sleep disorders with you and/or your physician.

## KEY FEATURES

The McLaren Lapeer Region Sleep Diagnostic Center features:

- Accreditation by the American Academy of Sleep Medicine
- Board certified physicians in sleep medicine, pulmonology and neurology
- Licensed technicians registered in sleep medicine and/or respiratory therapy
- Experts in the diagnosis and treatment of all sleep disorders in adults and children ages 12 and above

## TYPICAL TREATMENT

A sleep expert will determine your treatment options based on the results of your sleep study. Typical treatments include:

- The use of a small device by patients that generates continuous positive airway pressure called CPAP
- The air pressure is delivered through a mask worn over the nose
- Staff will assist in selecting the most appropriate device based on each individual patient
- Follow up care to assess progress is provided on a routine basis



**For more information or to complete a sleep assessment, visit [mclaren.org/lapeersleep](http://mclaren.org/lapeersleep).**