



MACOMB

DOING WHAT'S BEST.®

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mclaren.org/macombsleep



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SLEEP CENTER



McLAREN MACOMB SLEEP CENTER

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 Macomb Sleep Center can help you discover and overcome sleep disorder problems and put vitality back into your life.

With a referral to the center from your family physician, a sleep study is conducted overnight and results will be 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 at work, irritability and lack of energy may decrease or stop entirely.

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



Common symptoms of sleep apnea:

- Loud snoring
- Excessive daytime sleepiness
- Abrupt awakenings accompanied with gasping or choking
- Waking with dry mouth or sore throat
- Difficulty concentrating

Some of the major risks and complications of untreated sleep apnea:

- Increased risk of heart attack
- Increased risk of stroke
- Sexual dysfunction
- Learning and memory difficulties/depression/mood swings

McLaren Macomb sleep diagnostic center features:

- Accreditation by the American Academy of Sleep Medicine
- Physicians, Board Certified in Sleep Medicine
- Registered Polysomnographic Technologists
- Experts in the diagnosis and treatment of sleep disorders in adults

TREATMENT

The standard of care for sleep apnea is the use of continuous positive airway pressure, better known as CPAP. The air pressure is delivered through a mask while sleeping. The sleep center technologist will select the most appropriate therapy settings for each patient. Once your study has been reviewed by our sleep physician, a complete report will be sent to your primary care physician.

Making an appointment:

- To schedule a sleep study appointment, you need a physician referral
- Testing is available 7 days a week, day and night
- Please call (586) 493-2544 once you have the referral or with any questions



COULD YOU BE SLEEPING BETTER?

Below is the Epworth Sleepiness Scale used to assess and measure daytime sleepiness. This assessment can also be completed online via the McLaren Macomb Sleep Center page, mclaren.org/macombsleep.

0 = would never doze 1 = slight chance 2 = moderate chance
3 = high chance

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching T.V.	
Sitting, inactive in a public place	
As a passenger in a car for an hour	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped a few minutes in traffic	
TOTAL SCORE	

If your score total is 9 or greater, you should seek the advice of a sleep specialist and consider the services of the McLaren Macomb Sleep Center.