



## OUR SLEEP CENTER

The Sleep and Alertness Center has been fully accredited by the American Academy of Sleep Medicine for more than 20 years. The Sleep Center is a state-of-the-art facility equipped to meet your sleep study needs. Our team of certified sleep technologists have many years of experience serving the Greater Lansing community.



Services focus on identifying many common sleep disorders including, but not limited to:

- Obstructive sleep apnea
- Narcolepsy
- Periodic limb movements
- Restless leg syndrome



3101 Discovery Drive, Suite 500  
Lansing, MI 48910  
(517) 975-3385  
[mclaren.org/lansing](http://mclaren.org/lansing)

# SLEEP AND ALERTNESS CENTER



## CAN THE SLEEP AND ALERTNESS CENTER HELP YOU?

If you are not as awake and alert as you want or need to be during the day, you should examine the quality and quantity of your sleep. If you answer yes to one or more of the following questions, the Sleep and Alertness Center might be able to help.

- Have you ever fallen asleep while driving or had an accident (or near accident) due to drowsiness?
- Do you snore?
- Do you need a nap in the middle of the afternoon?
- Do you have difficulty sleeping during the night three or more times a week?
- Do you have unpleasant tingling, creeping, or nervous sensations in your legs when trying to sleep?
- Do you have restless sleep or insomnia?
- Do you have cataplexy or other signs and symptoms of narcolepsy including sleep paralysis, sudden attacks of sleep, hallucinations, and intense daytime drowsiness?
- Do you have worsening memory issues associated with difficulty sleeping and snoring?
- Do you suffer from sleep-walking or sleep-talking?
- Do you suffer from acting out of your dreams during sleep?
- Do you suffer from nightmares or night terrors?

- Do you have a history of atrial fibrillation (irregular heartbeats), congestive heart failure, severe chronic obstructive pulmonary disease, or stroke?

Ask your primary care physician to be referred to the McLaren Greater Lansing Sleep and Alertness Center. Visit [mclaren.org/lansing/sleep-services](http://mclaren.org/lansing/sleep-services) for more information, or call (517) 975-3385.

## LAB STUDIES

Most people arrive for a study at the lab in the evening, although we do run studies during the day for those who routinely sleep during the day (such as people who work the night shift). For an in-lab sleep study, you can expect to stay between 8-10 hours. Studies are run Monday through Friday.

## COMFORT

The center is designed to make you feel comfortable, whether stopping in for a short clinical visit or staying all night. Bedrooms have soundproofing, light-blocking window shades, a queen-size bed, and a private bath. Fans are available upon request. We encourage you to bring your own familiar pillows, stuffed animals, or blankets that will help you feel more comfortable. Not all sleep studies are done at night in the sleep center. If you do qualify, a home sleep apnea test (HSAT) can be done in the comfort of your home to evaluate for obstructive sleep apnea syndrome.

## EXPERIENCED STAFF

Our staff consists of board-certified sleep physicians and registered polysomnographic technologists with more than 85 collective years of knowledge in the sleep field.

## FOR THE PATIENT WHO HAS BEEN REFERRED TO OUR SLEEP CENTER

We provide services for all adults and children two years of age or older. A parent or guardian is required to stay with children younger than 18 years old.

We have a patient questionnaire and sleep diary on our website, [mclaren.org/lansing/sleep-services](http://mclaren.org/lansing/sleep-services).

This form can be filled out and submitted electronically or printed out to bring with you. Our scheduler will contact you to schedule the appointment, or your primary care doctor will be notified of the appointment. Most studies are scheduled within a few weeks.

