



### Sleep Evaluations and Insurance

Upon your first visit to the sleep center, our professional team will meet with you to review your medical, psychiatric, sleep and drug histories. They will speak to your bedpartner regarding possible signs and symptoms of a sleep disorder, and they may ask you to complete a sleep diary.

From these interviews, as well as a brief physical exam, the team will determine if you may have a sleep disorder and recommend further testing to determine its cause. Testing may involve spending one or two nights at the center for a thorough sleep evaluation, or an at-home sleep test may be ordered by the physician. Once testing is complete, the most

effective treatment method will be determined by the team. If you'd like, the test results and recommendations will be provided to your personal physician.

Because of the high incidence of sleep disorders, many insurance companies now provide coverage for tests and treatment.

### A "Dream" Team of Specialists

The McLaren Port Huron Center for Sleep Medicine offers a full range of services for diagnosing and treating sleep disorders. Our team of highly trained polysomnology (the science of sleep) professionals includes physicians and technologists. Because sleep disorders could have many physical causes, the team may consult with staff specialists in pulmonary medicine, neurology, cardiology and ear, nose and throat.

### Rest Assured

A good night's sleep is a key ingredient to a productive and satisfying lifestyle. If you suspect you have a sleep disorder, we can help. Our professional, caring team offers the advanced services you may need – services which can help you feel your best once again. For additional information, call **(810) 385-9961**.

**Center for Sleep Medicine**  
McLaren Port Huron Hospital  
3rd Floor, North Tower  
1221 Pine Grove Avenue  
Port Huron, MI 48060  
(810) 385-9961



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# SLEEP MEDICINE

DIAGNOSIS AND TREATMENT OF SLEEP DISORDERS



Sleep is a vital part of our lives. It refreshes the spirit and restores energy to both the mind and body. Unfortunately, sleep isn't revitalizing for everyone. More than 50 million Americans suffer from some type of sleep disorder. And for them, falling asleep – and staying asleep – can be a nightmare.

Sleep disorders have many causes. Some may be temporary due to sudden lifestyle changes, while others may be the symptom of a more serious medical problem. Whichever the case, if you snore, sleepwalk, sleep talk, have frequent nightmares or experience daytime drowsiness for a period of more than three weeks, you may have a sleep disorder. And, left untreated, some sleep disorders can result in serious problems such as high blood pressure, and even heart failure.

Fortunately, most sleep disorders can be successfully treated. That's where the McLaren Port Huron Center for Sleep Medicine can help.

## SLEEP DISORDERS AND TREATMENT

The following sleep disorders can be diagnosed and treated at the Center for Sleep Medicine.

### Sleep Apnea

Snoring and daytime drowsiness are common symptoms of sleep apnea – a dangerous condition in which breathing can stop for up to two minutes, as often as 200 to 500 times per night. Left untreated, sleep apnea can lead to high blood pressure, an enlarged heart, irregular heart beat or heart failure.

There are three types of sleep apnea: obstructive sleep apnea, which is generally characterized by extremely loud snoring; central apnea, in which your brain does not send the right signals to the muscles that control breathing; and mixed apnea, which is a combination of obstructive and central apneas. Each of these types of apnea can cause a person to momentarily awaken hundreds of times each night to gasp for air. As a result, the person may feel more tired in the morning than before going to sleep, and thus experience excessive daytime drowsiness.

Symptoms of sleep apnea include periods of non-breathing during sleep, daytime drowsiness, morning dry mouth, nausea, headache, sexual dysfunction and increased irritability. Once the problem is diagnosed, treatment may include weight loss, avoidance of alcoholic beverages and sleeping pills, or nasal continuous positive air pressure.

### Narcolepsy

Narcolepsy is a syndrome of excessive daytime sleepiness and is often signaled by unexpected "sleep attacks." These attacks can be very dangerous if they occur while driving, operating equipment or performing other tasks.

People with narcolepsy may also experience cataplexy (loss of muscle tone, often following strong emotions such as anger or laughter), sleep paralysis and hypnagogic vivid dream states which seem real. Though a 10- to 20-minute nap can help relieve sleepiness, the urge to sleep may overwhelm a person with narcolepsy within one to two hours.

Narcolepsy is a life long condition for which there is no known cure. However, through various treatment techniques and modifications of lifestyle, it can be managed with remarkable results.

### Insomnia

We've all experienced a restless night at one time or another. But for some people, falling asleep – or staying asleep – is a difficult, nightly ordeal.

Insomnia is often caused by an underlying psychological or medical problem. These may include anxiety, depression, breathing disturbances such as sleep apnea, altered sleeping patterns, kicking of legs during sleep, external noise or pain, or the use of drugs or alcohol.

Once the cause of insomnia has been diagnosed, treatment may include behavioral approaches or medication.

### Parasomnias

Parasomnias are dysfunctions associated with sleep. Common types of parasomnias include sleepwalking, sleep talking, sleep terrors and nightmares. Parasomnias most commonly affect children; however, they can affect adults as well.

Parasomnias are often a sign of a very serious underlying psychological or medical problem. For this reason, accurate diagnosis of parasomnias is very important to determine the proper form of treatment.

### Sleep/Wake Schedule

Our bodies operate on a built-in clock which tells us when to sleep and when to wake. When this clock is thrown off, a number of disorders may develop, making it difficult to resume a sleep/wake schedule that fits our needs.

There are several factors which can disrupt the sleep/wake schedule, including shift work, jet lag or undiscovered changes in the sleep/wake rhythm. What's more, some people may have a body clock different from the rest of society, or they may ignore their own clock and establish highly irregular sleeping hours. In all instances, both the sleep cycle and body systems are disrupted. This can result in mood changes and difficulties in thinking and reasoning. In many cases, the Center for Sleep Medicine can help by identifying the cause of the sleep disruption and offering specific treatment.