

Prior to your sleep study:

Bathe and shampoo your hair before you arrive. Bring any medications with you that you normally take before bed. However, your physician may suggest that you not take certain medications for several days before the test. Avoid napping, caffeine and alcohol the night of your sleep study. Bring comfortable two-piece bed clothing to wear.

What to expect during your Sleep Study:

You will discover a beautiful Queen-sized bed. There will be a bathroom, television and the equipment necessary to complete your sleep study. The Sleep Technician will set up the equipment prior to you falling asleep.

Before you Sleep:

Our technician will make you comfortable while utilizing state-of-the-art equipment to measure brain wave activity, breathing, and record movements. This will provide the doctor with a clear picture of your sleep quality.

The Next Morning:

You will be awakened by your technician; equipment will be removed and you may begin your day. Our Sleep Specialist will review all studies and your referring physician will receive your sleep test results within three working days.



Dr. Jeffrey Gould is the Medical Director of Westfield Hospital's Sleep Disorders Center. He is Board Certified in Neurology and a Diplomate of the American Academy of Sleep Medicine. He has been treating patients with sleep disorders for over twelve years.

While at the Sleep Disorders Center, you will meet with an American Board of Sleep Medicine Sleep Technician.

Westfield's Sleep Disorders Center is located at 4825 W. Tilghman Street, Suite 104, Allentown, PA.



Sleep Disorders Center



**4825 W. Tilghman Street
Suite 104
Allentown, PA 18104
610-973-8400**

www.WestfieldHospital.com

Sleep Disorders Center at Westfield Hospital

Sleep is essential for normal, healthy function. According to the National Institute of Neurological Disorders and Stroke, about 40 million Americans suffer from chronic long-term sleep disorders. Nearly 70 million Americans have sleep-related complaints.

Do you suffer from any of these symptoms?

- Excessive snoring
- Disturbing your bed partner
- Always feeling tired
- Waking tired or waking with a headache
- Frequent trips to the bathroom during the night
- High blood pressure or on medications for blood pressure
- Depression or on medications for depression
- Sexual difficulties
- Obesity or a BMI ≥ 27

90 percent of all sleep disorders go undiagnosed. If you suffer from a number of these problems, then you should consult your doctor.

Causes of Sleep Disorders:

There are more than 100 different disorders of sleeping and waking which have been identified. The most common are Obstructive Sleep Apnea, Restless Leg Syndrome, Insomnia, and Sleep Walking/Talking. Sleep Apnea occurs in 9.2 percent of all Americans. Apnea exists when the throat closes partially or completely during sleep; the episodes last 10 seconds or longer and are associated with snoring.

Sleep Problems may be caused by:

- Illness or disease, such as asthma, chronic pain, thyroid disease, excessive alcohol, Parkinson's disease.
- Medications including anti-depressants, sleep medicines, pain relievers, cold remedies, asthma medications, and benzodiazepines.
- Severe stress and depression.

If your physician recommends that you get a sleep study, then call to schedule at:

**Westfield Hospital's
Sleep Disorders Center, Suite 104.
Appointments: 610-973-8400**

Most insurances accepted.

Illnesses associated with Sleep

Apnea:

Heart disease, high blood pressure, erectile dysfunction, memory loss, and depression are strongly linked.

Diagnosing and Treating Sleep Disorders:

Sleep studies will discover if you have a sleep disorder. Treatment can be started during the same study or during follow-up care with our Sleep Specialist. Treatment may include nasal masks, dental appliances, surgery, weight loss, or positional therapy.

What is a Sleep Study?

Sleep studies are tests designed to monitor what happens to your body during sleep. Types include:

- Diagnostic Polysomnogram
- Therapeutic Polysomnogram

A polysomnogram is an overnight sleep test designed to simultaneously and continuously monitor normal and abnormal physiological activity during sleep.