

SLEEP STUDY CENTER



Electra Memorial Hospital

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*Let the EMH Sleep Study Center
help you get the sleep you've
been dreaming of.*

ATTENTION: Electra Memorial Hospital offers language assistance services to those with limited English proficiency.

ATENCIÓN: si habla español, tiene servicios de asistencia lingüística gratuitos a su disposición.

Llame al 1-940-495-3981 (TTY: 1-800-676-3777)

CHÚ Ý: Nếu bạn nói tiếng Việt, có dịch vụ tuyệt vời cho bạn.
Gọi 1-940-495-3981 (TTY: 1-800-676-3777)

 **ELECTRA**
MEMORIAL HOSPITAL

DO YOU EXPERIENCE ANY OF THE FOLLOWING?

- Regular morning headaches after awakening
- Excessive daytime sleepiness
- Waking up choking, breathless, or gasping during the night
- Chronic periods of disturbed sleep: insomnia, leg-kicking, night terrors
- Loudly snoring or not breathing
- High blood pressure, COPD, diabetes, and/or depression

If you regularly experience any of these classic signs or symptoms, you may be experiencing a sleep related health issue and could be a candidate for a sleep study.

With insufficient sleep regularly plaguing 1-in-3 adults, it's important we make changes to improve our sleep and better our health. The Sleep Study Center at Electra Memorial Hospital can help do just that by monitoring your sleeping habits like snoring or sleep apnea to make for a happier and healthier you.

SLEEP STUDIES

Sleep studies are a series of tests that help to evaluate what happens to the body during sleep. Sleep studies are done to diagnose sleep disorders, which typically include:

- Sleep disordered breathing
- Difficulty staying awake
- Sleep-disruptive behaviors (sleepwalking, night terrors, etc.)
- Severe daytime sleepiness or insomnia

WHAT HAPPENS DURING A SLEEP STUDY?

A sleep study at EMH is simple and painless and is conducted in a private, comfortable bedroom suite within our hospital. Respiratory effort belts are placed around your chest and abdomen to measure your effort to breathe, and a bandage-like sensor is placed on your finger to measure oxygen level. A microphone is also used to monitor snoring while EEG leads will monitor your brain waves, eye movements, and bruxism (teeth grinding).

WHAT ARE THE BENEFITS?

Untreated sleep disorders can potentially lead to life-threatening situations like stroke or heart attack. Conditions such as sleep apnea, insomnia, sleep walking, etc. will be measured during a sleep study where a cause and solution or treatment can be pinpointed.

WHAT MAKES THE EMH SLEEP STUDY CENTER UNIQUE?

At EMH Sleep Study Center, your wellbeing is the most important thing. To ensure your comfort, EMH offers the following:

- Private, comfortable room
- Soundproofing to ensure quiet
- Personal control of bedroom light, sound, and temperature
- Complimentary meals during course of study

