



Sleep LAB

According to the National Sleep Foundation, roughly 50 percent of the adult population suffers from difficulty sleeping.

A sleep disorder is described as any medical disorder of the sleep pattern. Sleep disorders can vary from sleep apnea, narcolepsy, insomnia and restless leg syndrome.

The Sleep Lab at Menorah Medical Center provides a comprehensive range of services designed to evaluate, diagnose and treat a patient with sleep problems.

For more information about the Sleep Lab at Menorah, please call 913-498-6191.

RESTLESS LEG SYNDROME

Individuals with “Restless Leg Syndrome” describe unusual feelings in their legs such as a creeping, crawling or pulling causing an urge to move. Individuals also may experience an intense need to move their legs, which provides some relief from these symptoms, which are most intense in the early evening. Associated disorders, such as periodic limb movements in sleep, are frequently evaluated in our Sleep Disorders Center as well. These relatively common conditions may be associated with the complaint of insomnia, excessive daytime sleepiness or fatigue.

NARCOLEPSY

Individuals who experience almost daily episodes of excessive, inappropriate sleepiness (sleep attacks) combined with sensations of a sudden loss of muscle tone, often indicate Narcolepsy, a neurologic disorder. Although considered rare, it is as common as Multiple Sclerosis.

SLEEP APNEA

Sleep Apnea is a condition which people stop breathing during sleep. The most common form of sleep apnea is obstructive, where the upper airway closes off and prevents the person from getting enough oxygen during the night. Typically, sleep apnea is associated with loud snoring.

INSOMNIA

Many individuals have trouble falling asleep, staying asleep or feel their sleep is unrefreshing. Although an occasional night of poor sleep is normal in our fast-paced society, chronic sleep problems are not. People with chronic insomnia often complain of poor concentration, irritability and mood disturbances. Insomnia is a treatable condition when the factors causing and perpetuating the sleeplessness are addressed. Effective medical and non-medical interventions are available to patients suffering from chronic insomnia.

OTHER SLEEP DISORDERS:

- Gastroesophageal Reflux Disease (GERD) - The flow of stomach acid to esophagus disrupting sleep.
- Parasomnia - Sleep walking, sleep talking, night terrors, sleep-related eating and/or teeth grinding.
- Periodic Limb Movement Disorder (PLMD) - Periodic involuntary movement of the legs or arms during sleep.

OUR SLEEP LAB

The Sleep Lab at Menorah is located on the first floor of the Medical Office Building at Entry B in Suite 142. The Sleep Lab at Menorah offers a wide range of services to help evaluate and diagnose patients with sleep problems. Sleep disorders are evaluated and managed in our state-of-the-art laboratory.

Patient amenities include:

- A spacious and private bedroom and bathroom
- Queen-sized bed
- Walk-in shower
- Flat screen plasma televisions with DVD players
- Recliner chairs
- Individual temperature controls

Our staff:

- Board Certified Medical Doctors
- Timely and accurate reports to your doctor
- Personal care for you and your unique needs
- Board Registered Sleep Technicians

KNOW YOUR RISK FACTORS:

Read each statement carefully. Check Yes if the statement is true and No if it is false.

RISK FACTOR:	YES	NO
You do not feel that your sleep is refreshing		
You feel sleepy or tired during the day		
You have a difficult time staying asleep		
You snore		
You stop breathing while you're asleep		
You sleep restlessly, tossing and turning		
You have an uncontrollable feeling in your legs		
You sweat excessively in your sleep		
You wake up with headaches		
You fall asleep at inappropriate times		
You fall asleep watching television or reading		
You wake up at night		
You fall asleep while driving		
You have noticed a change in your personality		
You have high blood pressure		
You are overweight		

If you answered yes to three or more of these risk factors, you should notify your doctor. You should see your doctor yearly to discuss your risk factors and treatment options.

All procedures require a doctor's referral. See your doctor to see if a sleep evaluation is right for you. If you do not have a doctor, please call 913-541-7400.



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Signs & Symptoms

- Abnormal breathing
- Anxiety
- Daytime fatigue
- Depression
- Difficulty sleeping
- Drowsy driving
- Energy loss
- Fatigue
- Gasping for air
- Hallucinations
- Headaches
- Hypertension
- Moodiness
- Nightmares
- Nocturia
- Obesity
- Poor Health
- Snoring

Consequences of Untreated Sleep Disorders

- Auto accidents
- Heart attack
- High blood pressure
- Impotence
- Loss of energy
- Negative effects on family, work or school
- Obesity
- Problems controlling diabetes
- Stroke
- Work injuries and accidents

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