

## Sleep-Wake Disorder Self Test

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

The following statements describe your sleep habits. Respond to each statement (1-never, 2-occasionally, 3-frequently) and place the numerical value of your response next to that statement. Total your points and compare to the scoring scale following the test.

- \_\_\_\_\_ I am sleepy during the day
- \_\_\_\_\_ I am fatigued (achy, without any energy during the day)
- \_\_\_\_\_ I snore
- \_\_\_\_\_ I quit breathing at night
- \_\_\_\_\_ I wake up gasping, choking or coughing
- \_\_\_\_\_ I kick my legs at night
- \_\_\_\_\_ I experience crawling or aching sensations in my legs at night
- \_\_\_\_\_ I lie in bed and worry
- \_\_\_\_\_ I cannot go to sleep at night
- \_\_\_\_\_ I wake up frequently during the night
- \_\_\_\_\_ I have episodes of falling asleep during the day no matter how hard I try to stay awake
- \_\_\_\_\_ I get weak when experiencing strong emotion (laughter, crying, anger)
- \_\_\_\_\_ I am a shift worker
- \_\_\_\_\_ I walk in my sleep
- \_\_\_\_\_ I wake up panicked or anxious
- \_\_\_\_\_ TOTAL

### Scoring scale:

20-25: You are a normal sleeper and have good sleep habits.

26-30: You could use information on sleep habits or further assessment of your complaints.

30+: You should probably seek treatments for your sleep problems in order to improve the quality of your life.

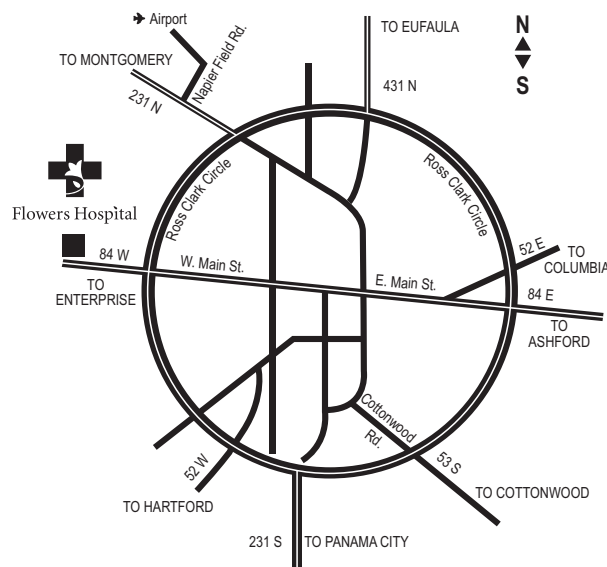
Flowers Hospital's Sleep-Wake Disorders Center is accredited by the American Academy of Sleep Medicine



### For More Information:

All of the procedures in the center require a physician's order. You or your physician may schedule the initial appointment by calling the Sleep-Wake Disorders Center at Flowers Hospital, Monday-Friday, between the hours of 8:00 a.m. and 4:30 p.m. at (334) 794-5000 extension 1685. Should you need to make an appointment after hours or on weekends, you may leave a message.

### Directions:



*Sleep Like a Baby...*



...with help from

**THE SLEEP-WAKE  
DISORDERS CENTER**



Flowers Hospital



*Don't let  
SLEEP  
PROBLEMS  
keep you awake  
at night.*

One out of three adults experience some type of sleep disorder. Many of these people suffer needlessly because they are unaware that a problem exists. The American Medical Association reports that next to the common cold, sleepiness is the most widely voiced health complaint among Americans.

The Sleep-Wake Disorders Center at Flowers Hospital provides comprehensive diagnosis and treatment for people who are experiencing sleep and wake related problems.

Left untreated, some sleep-wake disorders can lead to serious health problems.

## What Types of Problems Does the Sleep-Wake Disorders Center at Flowers Hospital evaluate?

- Sleep Apnea
- Narcolepsy
- Excessive Daytime Sleepiness
- Nocturnal Leg Jerks
- Insomnia
- Abnormal Nighttime Behaviors such as sleepwalking, sleep talking, bedwetting, teeth grinding, nightmares and night terrors

## Sleep Apnea

Obstructive Sleep Apnea (OSA) affects many people, most of whom are undiagnosed. OSA is closely associated with the following health problems:

- Heart Disease
- Stroke
- Hypertension
- Gastroesophageal Reflux
- Diabetes
- Frequent Urination
- Lower Extremity Swelling
- Heartburn that fails to respond to medication

Patients with a strong family history of any of these problems should be considered for a sleep study. Both adults and children are evaluated at the center.

## What to Expect

At the center patients are monitored by qualified sleep technologists during their normal sleep cycles. They stay in private rooms which simulate a bedroom environment. Digital recordings called polysomnograms show brain waves, breathing, heart activity, blood-oxygen levels, body position and leg movements during sleep. A technician



constantly monitors the polysomnogram while making written notations. Results of the study are reviewed by physicians who are sleep disorders specialists who then recommend treatment.

## Is this covered by my Health Insurance?

Your study from the Sleep-Wake Disorders Center is an accepted medical procedure and is covered by most third-party carriers. Flowers Hospital is a preferred inpatient/outpatient facility for Blue Cross/Blue Shield and all of our sleep physicians are Preferred Medical Doctors. However, because it is impossible to predict the extent of your coverage, it is recommended that you contact your insurance representative to ensure your sleep study will be covered.

Flowers Hospital  
Sleep-Wake Disorders Center  
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