

## Take this quiz to see if you or a loved one might have a sleep disorder.

Use the following scale to choose the best number for each situation.

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

### Situation                      Chance of Dozing

Sitting and reading .....

Watching TV .....

Sitting inactive in a public place.....

As a passenger in a car for an hour, without a break.....

Lying down to rest in the afternoon when circumstances permit .....

Sitting and talking to someone.....

Sitting quietly after lunch, without alcohol .....

In a car, while stopped for a few minutes in traffic .....

- 0-1 = normal range**
- 10-12 = borderline**
- 12-14 = abnormal**

## — About Us: —

**Main Campus:** on Coal Valley Road near Century III Mall. Includes comprehensive inpatient and outpatient surgical services, and more than 40 specialties such as The Heart Institute, The Radiation Oncology Center, The Joint Care Center, The Women’s Diagnostic Center, The Sleep Disorder Center, Physical Therapy, and Behavioral Health Care Services

**Emergency:** comprehensive Emergency Services, including stroke telemedicine and Quick Care,<sup>SM</sup> a dedicated area providing fast service for minor illnesses and injuries

**Rooms:** nearly every room in our 373-bed award-winning hospital is private

**Outpatient Centers:** in Baldwin, Belle Vernon, Bethel Park, Brentwood, Charleroi, Clairton, Pleasant Hills, Squirrel Hill, Uniontown and West Mifflin

**Clinics:** Walmart clinics operated by Jefferson Regional in West Mifflin and Belle Vernon for convenient, affordable, health care 7 days a week

### Jefferson Regional Sleep Disorder Centers

Brentwood Professional Plaza  
Brentwood  
**412-886-2727**

South Hills Medical Building  
Jefferson Hills  
**412-469-5981**

Additional locations are available for certain services. Please visit our website to see our full list of locations.

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Jefferson Regional Medical Center

# Sleep Disorder Centers

## How We Can Help

*Is the quality of your sleep at night causing you problems during the day? Not getting a good night's rest can lead to a lack of energy, poor job performance, accidents, and serious illness.*

### – What is obstructive sleep apnea?

Sleep apnea occurs when a person stops breathing repeatedly during sleep due to collapse of the airway, which prevents air from getting into the lungs. As a result, sleep patterns are disrupted, resulting in excessive sleepiness and fatigue during the day.

Obstructive sleep apnea affects an estimated 15 million Americans. Sleep apnea can be the underlying cause of high blood pressure, heart disease, heart attack, stroke, fatigue-related motor vehicle and work-related accidents – and a decreased quality of life.



### Sleep disorder symptoms may include:

- Daytime fatigue and sleepiness
- Concentration and memory problems
- Loud or frequent snoring
- Breathing irregularities
- Nighttime chest pains
- Morning headaches
- Irritability

If you have any of these symptoms, speak to your doctor, who can recommend an evaluation for obstructive sleep apnea by a physician specializing in sleep disorders.

### How is sleep apnea diagnosed?

Sleep apnea is commonly diagnosed by a sleep study, an outpatient diagnostic procedure performed over one or two nights in the Sleep Disorder Center. Sleep study appointments can also be scheduled during the morning, afternoon, and evening hours to accommodate your sleep schedule, and is covered by most insurance plans with a referral from your doctor.

Home sleep testing is available for patients with signs and symptoms of sleep apnea, allowing for a diagnosis in your home environment.

### What happens during a sleep study?

The procedure is safe and painless. Small wires are taped to various parts of your body so that trained specialists can record heart rate, brain activity, eye and muscle movements, and blood oxygen levels. All you have to do is sleep.

### How is sleep apnea treated?

The most common treatment for sleep apnea is CPAP (Continuous Positive Airway Pressure – pronounced ‘see-PAP’). CPAP therapy provides a gentle flow of positive pressure air through a mask worn during sleep. Other treatments may include surgery, oral appliances, and lifestyle changes, including weight loss and exercise.



Jefferson Regional Sleep Disorders Centers are accredited by the Joint Commission, assuring that the highest standards of care are upheld. Our Sleep Disorder Centers are licensed by the Pennsylvania Department of Health. All of our staff are registered polysomnography technologists with credentialing through the Board of Registered Polysomnography Technologists and/or registered respiratory therapists with credentialing through the National Board of Respiratory Care.

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**If you have any questions, or if you have a physician's referral to schedule an evaluation, please call:**

**412-469-5981**

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