

**Consult a medical professional, it could save your life.**

If you think you may have a sleep disorder, discuss your symptoms with your primary care provider. If your provider suspects that you have a sleep disorder, he or she may refer you to the Sleep Disorders Clinic. A sleep specialist will review your symptoms and may suggest that you undergo a sleep study.



## Sleep Studies

**With Knoxville Hospital & Clinics' Sleep Disorders Clinic, You're Closer Than Ever to a Good Nights Sleep**

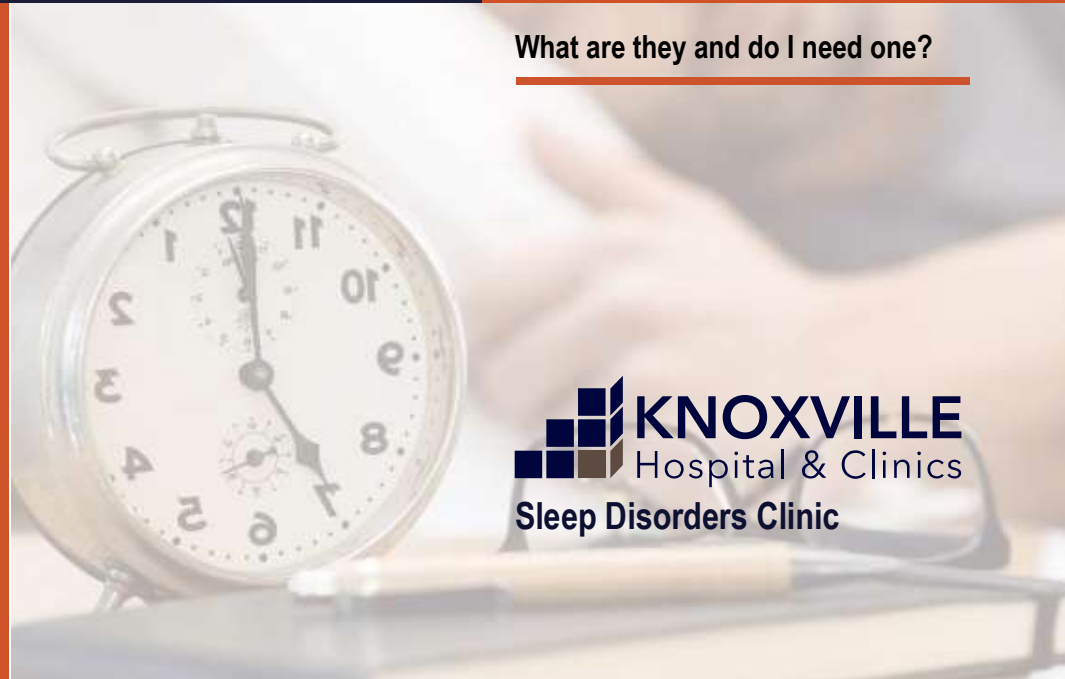
For more information on what to expect during a sleep study, visit: [knoxvillehospital.org](http://knoxvillehospital.org).



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What are they and do I need one?



**KNOXVILLE**  
Hospital & Clinics  
Sleep Disorders Clinic



**You may be one of 70 million Americans with a sleep problem.**

Millions of people had trouble sleeping last night. Untreated, sleep disorders put people at higher risk of an irregular heart rate, heart disease, stroke, hypertension, diabetes, depression, memory loss, and low sex drive. Fortunately, most sleep disorders are treatable once diagnosed. Knoxville Hospital & Clinics' Sleep Disorders Clinic is here to provide the tools to end your sleepless nights.

**Do you have a sleep disorder?**

A sleep study is needed to properly diagnose and treat your sleep disorder. People who suffer from sleep disorders may have symptoms of:

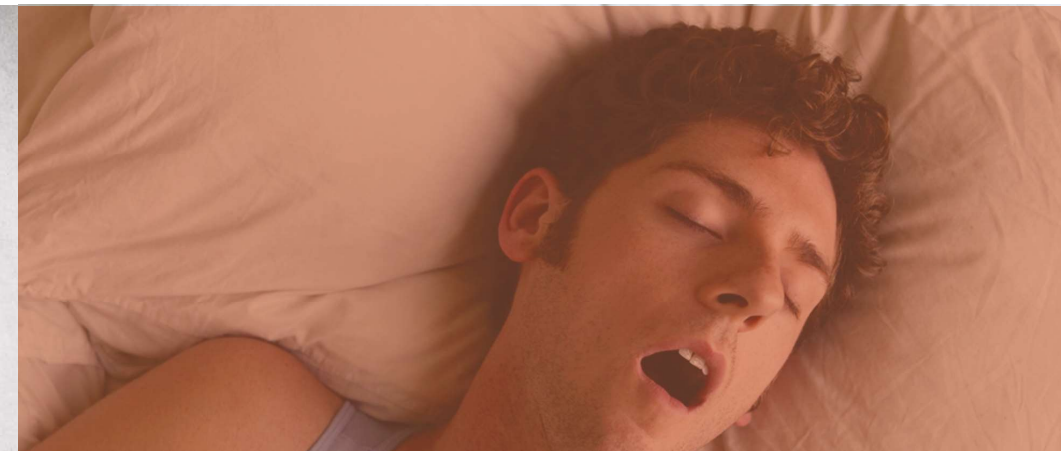
- Loud, chronic snoring
- Anxiety and mood changes
- Fatigue
- Gasping for breath at night
- Morning headaches
- Increased sleepiness during the day, while driving, and on the job
- Restlessness while sleeping at night
- Difficulty in falling asleep

- Reduction in concentration, memory, and attention

**Most common sleep disorders**

There are 84 classifications of sleep disorders. Here are some of the most common ones.

- **Obstructive sleep apnea:** A life-threatening disorder that causes you to stop breathing repeatedly during your sleep.
- **Periodic limb movement syndrome:** When people's legs or arms jerk during sleep.
- **Restless leg syndrome:** A persistent, sometimes overwhelming need to move one's legs while resting.
- **Insomnia:** Difficulty in falling and staying asleep.
- **Narcolepsy:** Characterized by the brain's inability to control its sleep/wakefulness cycle.
- **Parasomnia:** Nightmares, sleepwalking, sleep talking, and bedwetting.



**Say Good Night to Snoring!**

*"I would stop breathing at night, gasp for air, and my mouth would be so dry. Having the sleep study done and my treatment lets me feel assured I will always be waking back up. They were great, I felt so safe and comfortable at the Knoxville Sleep Lab."*

- Rhonda M. of Des Moines

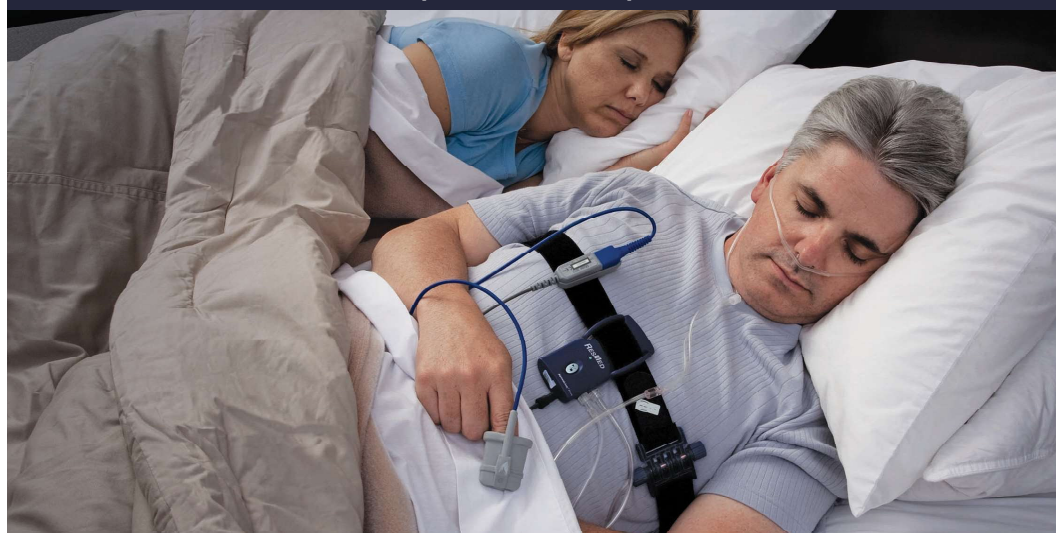
**Sleep studies provide the answers.**

Sleep specialists with Practical Sleep Services administer several types of diagnostic sleep studies at the Sleep Disorders Clinic, including home sleep tests, Continuous Positive Airway Pressure therapy, overnight polysomnography, multiple sleep latency test (also called a nap study), and maintenance of wakefulness test (a daytime polysomnographic procedure).

Sleep Lab patients enjoy the comfort of a private room, private bathroom for personal care, and a Sleep Number® bed. During Sleep Lab studies, electrodes transmit and record your sleep patterns and specific information about your physical activities, such as breathing, brain waves, heart activity, and eye and muscle movements. The recording techniques are noninvasive (external) and all electrodes are applied on the skin surface. The entire process is painless.

The recordings become data which is analyzed by Medical Director Dr. Melisa Coaker and staff to determine the nature of your sleep disorder, and then report the findings and treatment recommendations to your primary care provider.

**Home Sleep Tests and Sleep Lab Studies**



**Commitment to Excellence**

The Knoxville Hospital & Clinics is accredited by Accreditation Commission for Health Care (ACHC) for compliance with a comprehensive set of national standards. By choosing a healthcare provider that has achieved ACHC accreditation, you can take comfort in knowing that you will receive the highest quality of care.

