

Did you have trouble sleeping last night? If so, you are not alone! You may be one of 70 million Americans with a sleep disorder. Untreated, a sleep disorder can put you at higher risk of heart disease, diabetes, depression, obesity, and more. Fortunately, most sleep disorders are treatable once diagnosed. The Knoxville Hospital & Clinics (KHC) Sleep Disorder Clinic is here to help you end your sleepless nights.

Commitment to Excellence

The KHC Sleep Disorder Clinic is accredited by the Accreditation Commission for Health Care (ACHC). This accreditation assures you are receiving safe, high quality, and affordable care.



For More Information

Let us help you get a more restful night of sleep! For more information on scheduling your sleep study at KHC, call **(641) 842-1465**.



For more than 80 years, Knoxville Hospital & Clinics has been helping families throughout south central Iowa and beyond. Voted as Best of Red Rock Area's "Best Place to Work" and "Best Hospitality," our mission of *faithfully providing exceptional health care* affects every decision we make and how we care for patients and families.

As a non-profit community hospital serving Marion County and the surrounding area, we take great pride in providing exceptional care close to home. Named a Top 100 Critical Access Hospital, our highly skilled medical team provides personal, compassionate, innovative, and quality health care to our patients.

Knoxville Hospital & Clinics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call (641) 842-1421.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (641) 842-1421.

Knoxville Hospital & Clinics
(641) 842-2151

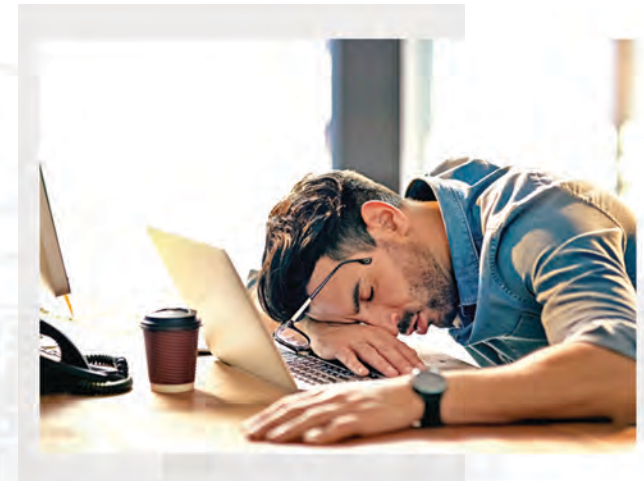
Melcher Clinic
(641) 947-2121

Pleasantville Clinic
(515) 848-3113

Red Rock Healthcare - Pella
(641) 628-2222



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**Sleep Studies &
Sleep Disorder Clinic**

Thank you for choosing
Knoxville Hospital & Clinics
for your health care needs.

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If you or someone you know is having trouble getting a good night's rest or finding it difficult staying awake and alert during the day, you may be suffering from a sleep disorder.

Do you have a sleep disorder?

A sleep disorder can be a very serious issue with wide-ranging implications. If not treated properly, it can lead to increased accidents, mood disorders, lowered productivity, and more.

People who suffer from sleep disorders may have symptoms of:

- Snoring
- Breaks and pauses in breathing while sleeping
- Trouble falling asleep or staying asleep
- Urge to move legs or uncomfortable feeling in legs at night
- Excessive sleepiness during the day
- Reduction in concentration, memory, and attention

If you are experiencing any of these symptoms, your primary care provider may refer you to the KHC Sleep Disorder Clinic for further testing to determine if you have a sleep disorder.

There are 84 classifications of sleep disorders and the most common types are:

- Insomnia
- Obstructive sleep apnea
- Restless legs syndrome
- Narcolepsy

What is a sleep study?

One of the best ways to help diagnose a potential sleep disorder is to have a sleep study, or polysomnography, an exam that allows doctors to monitor and evaluate you while you sleep.

During a sleep study, 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 non-invasive and all electrodes are applied on the skin surface. The entire process is painless.

Some sleep studies are done in your own home; however, some are required to be done in the hospital. At KHC, for overnight sleep studies we focus on providing the comforts of home. Patients who participate in a sleep study in the KHC Sleep Disorders Clinic enjoy a private room and bathroom and a Sleep Number bed alongside state-of-the-art equipment necessary to diagnose sleep problems.



Different types of sleep studies

For your sleep study at KHC, we partner with Practical Sleep Services and Melisa Coaker, MA, MD, for the diagnosis and treatment of sleep disorders. The diagnostic sleep studies performed at KHC include:

- Home sleep tests
- Overnight polysomnography
- Continuous Positive Airway Pressure (CPAP) - used to set the right air pressure for CPAP therapy in patients with sleep apnea
- Multiple Sleep Latency Test (MSLT) - used to evaluate patients with suspected narcolepsy and daytime sleepiness
- Maintenance of Wakefulness Test (MWT) - used to evaluate whether patients can stay awake under low light

After a sleep study

After your sleep study, the data collected is analyzed by Dr. Coaker and staff to determine the nature of your sleep disorder. It will show information about sleep and wake times, sleep stages, abnormal breathing and movements, and the amount of oxygen in your blood. Results from the study will be shared with your primary care provider and can be used to diagnose conditions such as sleep apnea, narcolepsy, and restless legs syndrome.

Our goal is to help you understand why you are experiencing sleep difficulties and how to best treat it so you can achieve restful sleep. Treatment can include education, medication, coping mechanisms, and a CPAP machine.