

## Is a Sleep Study Right For You?



If you answer “yes” to two or more of the following questions, speak to your doctor to find out if a sleep study is right for you.

### Do you snore loudly?

Yes     No

### Do you often feel tired, fatigued or sleepy during the daytime?

Yes     No

### Has anyone observed you pause or stop breathing during sleep?

Yes     No

### Do you have or are you being treated for high blood pressure?

Yes     No

### Is your neck size greater than 17 inches (men) or 16 inches (women)?

Yes     No

## Our Location

The Salem Sleep Center is located on the third floor of the **SRMC Professional Services Building**, across the street from Salem Regional Medical Center’s main campus.



## Salem Sleep Center

2094 East State Street  
Suite F  
Salem, OH 44460

Phone: 866-520-5646

[www.salemregional.com](http://www.salemregional.com)



The Salem Sleep Center is accredited by The Joint Commission

# Sleep Well. Live Better.



## Salem Sleep Center

 **SALEM REGIONAL  
MEDICAL CENTER**

## If you are among the estimated 70 million Americans who suffer from poor sleep quality, help is available.

A service of Salem Regional Medical Center, in partnership with MedBridge Healthcare, the **Salem Sleep Center** offers specialized diagnosis and screening for a variety of sleep-related disorders to help get you back on track to a better night's rest.

### What are Sleep Disorders?

Sleep disorders are conditions that affect a person's ability to fall or remain asleep, make it difficult to stay awake during the day, impact a healthy sleep schedule or result in unusual behaviors that disrupt sleep.

If you're not sleeping well, it can significantly impact your health and quality of life.



#### People who have sleep disorders may experience:

- Excessive daytime sleepiness
- Falling asleep at inappropriate times
- Restless sleep
- Gasping or awakening with shortness of breath
- Snoring

There are over 85 known sleep disorders. Some of the most common conditions include:

- **Obstructive sleep apnea**, where a person stops breathing during sleep.
- **Restless leg syndrome**, where a person experiences an intense and often irresistible urge to move their legs.
- **Narcolepsy**, where a person has difficulty controlling whether they sleep or stay awake.
- **Insomnia**, where a person has trouble falling asleep or staying asleep.

### How a Sleep Study Can Help

A sleep study is a painless procedure that records your brain and body activity during sleep so that sleep disorders can be diagnosed and treated.

The **Salem Sleep Center** offers a private and comfortable setting for a variety of diagnostic studies that can help identify sleep problems. Sleep studies generally take place in our center during your normal sleeping hours. During the testing period, our specially-trained technicians use advanced equipment to monitor your breathing, brain wave activity, heart rhythm, oxygen levels and movements to evaluate what condition might be affecting your sleep.

In addition to on-site sleep studies, home sleep apnea testing is available for patients meeting certain criteria.

### After Your Sleep Study

Following your sleep study, the results are reviewed and interpreted by our board-certified sleep medicine physician. A report will be sent to your ordering physician with

recommendations for treatment and follow up. Treatment may include breathing aid devices, medications or lifestyle changes.



**With the appropriate diagnosis and treatment, those with a sleep disorder can benefit from more restful sleep with:**

- Less daytime fatigue
- Improved mood
- Improved memory and concentration
- Fewer health risks

### Scheduling a Sleep Study

Those seeking testing or treatment at the Salem Sleep Center should be referred by their healthcare provider. **For more information, contact the Salem Sleep Center at 866-520-5646.**

### Our Medical Director



**Dr. Alan Cropp, Board Certified Sleep Specialist**, serves as the Salem Sleep Center's medical director. Dr. Cropp provides interpretation of the sleep studies and oversees our program's overall quality of care.