

Good health...

"Sleep is that golden chain that ties health and our bodies together."

– THOMAS DEKKER, POET

Good night. Good health.

A good night's sleep is as important to your health as nutrition and exercise are. Restful, refreshing sleep helps restore vitality to both mind and body.

On the other hand, sleep disorders can seriously impact your health, well-being and safety. These conditions can lead to stress, excessive fatigue, accidents and a host of other problems. Left untreated, some sleep disorders can lead to high blood pressure, heart disease, stroke and diabetes.

Providence Sleep Disorders Centers are able to diagnose a range of sleep problems and to provide or recommend effective treatments. With the help of our sleep specialists, most people we serve can significantly improve their quality of life and enjoy better health.



Common sleep disorders

- Sleep apnea is a serious disorder in which breathing pauses or becomes shallow during sleep. This condition, the most common disorder treated at our sleep centers, is often characterized by snoring and daytime sleepiness.
- Narcolepsy is a neurological disorder that causes excessive daytime tiredness and the tendency to fall asleep at inappropriate times.
- Insomnia is the inability to fall asleep or to stay asleep.
- Restless leg syndrome produces a "creepy-crawly" sensation in the legs that can make it difficult to sleep.
- Periodic limb movement disorder causes arms or legs to jerk involuntarily during sleep.
- Parasomnias include sleepwalking, sleep talking, bedwetting, night terrors, convulsions and grinding of the teeth.

Providence Sleep Disorders Centers

If your doctor refers you to a Providence Sleep Disorders Center, you can be assured of receiving the highest-quality care from staff who are trained and credentialed to conduct sleep studies. Board-certified sleep physicians evaluate each sleep study and can provide a formal consultation if your doctor requests it.

Our five sleep centers are located on hospital campuses where medical expertise is readily available. All procedures, testing and treatment

meet or exceed standards established by the American Academy of Sleep Medicine.

We provide both overnight and daytime testing in our sleep centers. In addition, we offer home sleep testing and pediatric sleep services.

What to expect if you're referred for a sleep study

When we contact you to schedule your appointment, we will ask questions about your sleep and the problems you're experiencing. We also will review your medical history. All of this helps our sleep specialists determine the best diagnostic approach.

If a breathing problem is observed during your sleep study, the sleep technologist may awaken you to have you try out a device that treats breathing problems during sleep. This positive airway pressure device, or PAP, includes a mask that fits around your nose or both your nose and mouth.

Other sleep problems or disorders may require a change in daily activities or sleep habits. Some conditions are best treated with medications. Most sleep disorders can be treated or managed effectively once they are accurately diagnosed.

For referrals and more information

You will need a doctor's referral for an appointment. For more information about sleep disorders or sleep studies, please contact one of the Providence Sleep Disorders Centers listed on the back of this brochure.

Do you have a sleep disorder?

Please check any of the following statements that apply to you:

- I am tired all the time.
- I don't feel refreshed, even after sleeping all night.
- I've been told that I snore.
- I've been told I stop breathing in my sleep.
- I often get drowsy during the day.
- I have trouble falling asleep or staying asleep.
- I am forgetful or have trouble concentrating.
- I often take sleeping pills to fall asleep.
- I've been told that I kick or hit during sleep.
- I have a "creepy-crawly" feeling in my legs when I lie down or try to relax.
- I have high blood pressure.

If you checked one or more of these statements, you may have a sleep disorder. Talk to your doctor about the symptoms you are experiencing.

Providence Sleep Disorders Centers

Providence St. Vincent Medical Center
9155 SW Barnes Road, Suite 409
Portland, OR 97225 • 503-216-2010

Providence Portland Medical Center
4805 NE Glisan St., 3M
Portland, OR 97213 • 503-215-3095

Providence Milwaukie Hospital
10150 SE 32nd Ave.
Milwaukie, OR 97222 • 503-215-3095

Providence Newberg Medical Center
1515 Portland Road
Newberg, OR 97132 • 503-537-5649

Providence Hood River Memorial Hospital
811 13th St.
Hood River, OR 97031 • 541-387-6250

The sleep centers in Portland, Milwaukie and Newberg are accredited by the American Academy of Sleep Medicine.

OUR MISSION

As people of Providence, we reveal God's love for all, especially the poor and vulnerable, through our compassionate service.

OUR CORE VALUES

Respect, Compassion, Justice, Excellence, Stewardship

www.providence.org/sleep



Providence Health & Services, a not-for-profit health system, is an equal opportunity organization in the provision of health care services and employment opportunities.



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Sleep Disorders
Centers