

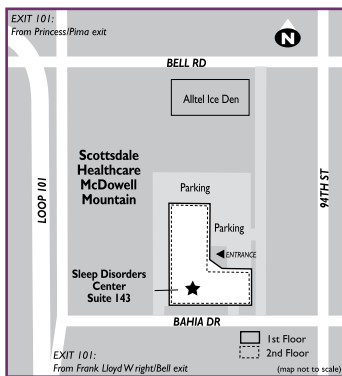
## Do you have a sleep disorder?

You may have a sleep disorder if you answer “yes” to the following questions. However, answering “yes” or “no” does not necessarily indicate a sleep disorder or its absence. Please consult your physician about sleep disorder testing.

1. Is your sleep restless and unrefreshing?
2. Do you fall asleep at inappropriate times during the day?
3. Does your bed partner say you snore loudly, gasp, make choking sounds or stop breathing?
4. Do you have creeping, tingling or crawling feelings in your legs or arms that are relieved by moving or massaging them, especially in the evening when you’re trying to fall asleep?
5. Does it consistently take more than 30 minutes each night to fall asleep?

For more information about sleep disorders and the Scottsdale Healthcare Sleep Disorder Center, talk to your physician or call the Center at 480-323-3200.

For more information about sleep disorders and **Scottsdale Healthcare’s Sleep Disorders Center**, talk to your physician or call the Center at 480-323-3200.



**SCOTTSDALE  
HEALTHCARE®**

**Sleep Disorders Center**  
9377 E. Bell Rd., Scottsdale, AZ 85260

shc.org

# Scottsdale Healthcare Sleep Disorders Center

Information Guide

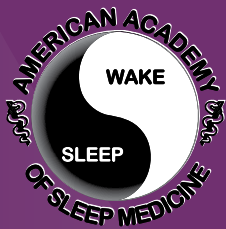


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# *The Scottsdale Healthcare*

*Sleep Disorder Center is an accredited facility dedicated to the diagnosis and treatment of sleep disorders. Conveniently located, the Center offers comprehensive, state-of-the-art testing in a quiet, comfortable environment. Tests are conducted by highly skilled staff members, including registered sleep technicians and respiratory therapists, with results quickly provided to your referring physician.*



**ACCREDITED  
MEMBER CENTER**

## **Sleep and your health**

Sleep disorders can affect your quality of life and personal health. Some can even be life threatening.

More than 70 million people in the United States have a sleep disorder—and most are unaware that they do. While almost everyone has trouble sleeping on occasion, sleeplessness, snoring or daytime sleepiness should be evaluated if they consistently disrupt your life.

In order to receive a quality evaluation, your physician may refer you Scottsdale Healthcare Sleep Disorders Center.

## **How we test for sleep disorders**

Scottsdale Healthcare uses polysomnography, an overnight sleep recording. This is the most comprehensive tool for diagnosing sleep disorders.

The test is conducted by registered polysomnographic technologists and certified respiratory therapists, who monitor variables such as brain waves, breathing patterns, eye movement, blood oxygen levels and other aspects. The tests are interpreted by a board-certified sleep specialist, who then promptly provides the results to your physician.

Polysomnography can assist in accurately diagnosing and treating a variety of conditions, including:

- Breathing disorders such as sleep apnea
- Narcolepsy
- Snoring
- Restless leg syndrome
- Insomnia
- Arrhythmias (abnormal heart rhythms)

