

Take the test

"TELL THE DOCTOR!"

Name: _____

Today's Date: _____

Your Age: _____

Gender: Male or Female (circle one)

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your "usual" way of life in recent times. If you have experienced some of these situations recently, try to remember how you would have been affected.

Directions: Using the scale, choose the most appropriate number for each situation.

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

Situations:	CHANCE OF DOZING (circle one)			
Sitting and Reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g., a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when permitted	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

Total score: _____

If you scored 10 or more then you may have a sleep disorder. Consult with your physician for more information.

How did you sleep last night?

Sufficient and restful sleep is vital to emotional and physical well-being. It is the basis of a happy, healthy lifestyle, and without it you could be hurting yourself more than you realize! Did you know that nearly one-third of an average person's life is spent sleeping? Research suggests that during so called "true sleep," (also known as REM, or Rapid Eye Movement) your immune system is rejuvenating, and you may have a healthier digestive tract than those who never reach REM, the time when you dream.

Most adults need seven to eight hours of healthy sleep every night, however, elderly people often have erratic sleeping habits, which can result in daytime dozing.

Although most adults require seven to eight hours of sleep, creative and highly productive people rarely sleep for more than five hours at a time. All in all, a consistent, healthy sleep pattern is more important than the hours actually spent sleeping!



SOUTHERN SLEEP TECHNOLOGIES

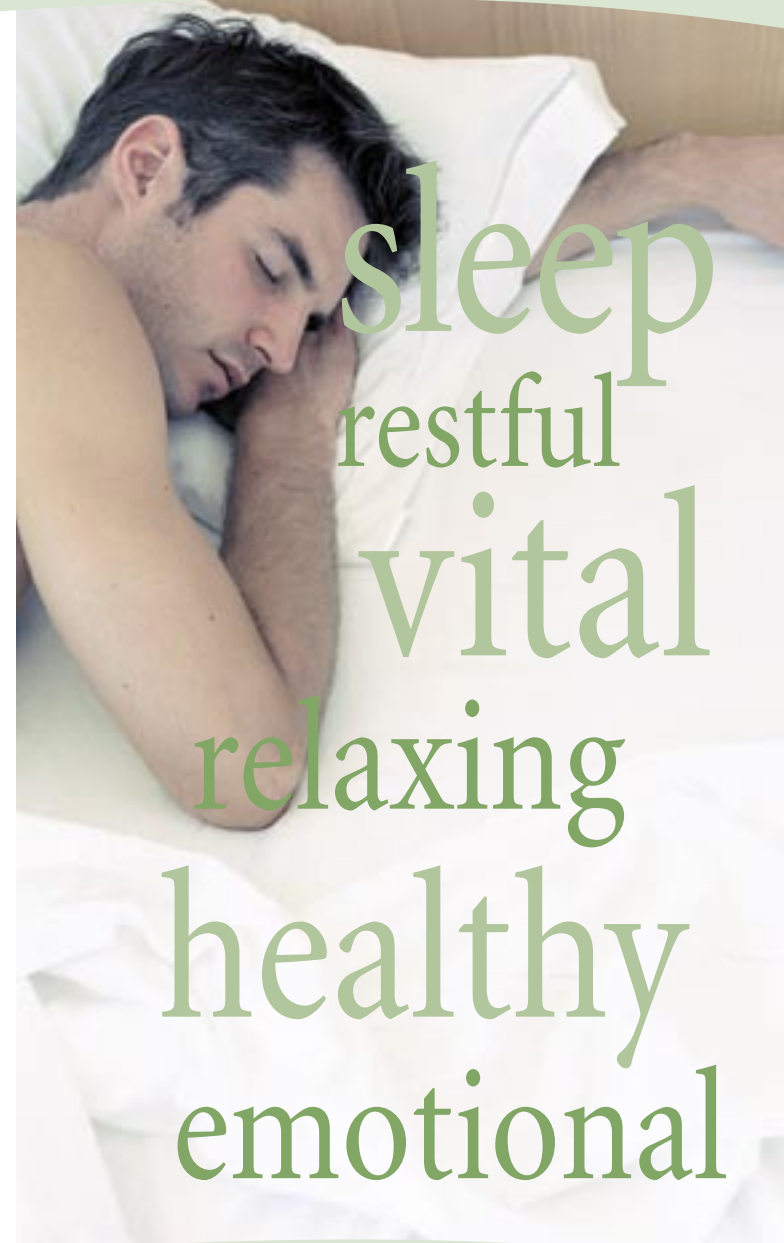
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SOUTHERN SLEEP TECHNOLOGIES
Giving you back the rest of your night.™

Who is Southern Sleep Technologies?

... and how can they help me?

Southern Sleep Technologies, Inc., is a full-service, sleep-diagnostics company that specializes in performing Adult and Pediatric Polysomnograms (sleep studies). When you are ready to find a solution to your endless restless nights, chronic snoring, or other sleep-related ailments, our expert staff will be on hand at your preferred hospital to guide you through our thorough, yet painless, examination of your sleep patterns.

Is your spouse keeping you **AWAKE?**

Sometimes the best way to find out whether you really do have problems sleeping at night is as simple as asking your spouse. People tend to ignore the obvious, but if you or your spouse wind up on the sofa at night, this may be an indication that your nightly sleep pattern is being disturbed.

Snoring, gasping for air, stopping breathing, restlessness, or frequent movement of the legs are all signs that you may need to seek professional advice.

Talk to your doctor today, because irregular sleeping habits could be detrimental to the health of you or your spouse in the future.

Did you know...

... that some sleeping disorders may lead to death?

The most common sleep disorder is Obstructive Sleep Apnea, or OSA, which occurs when the soft, pliant tissues of the throat collapse, causing the throat to vibrate and the sleeper to gasp for air. An estimated 18 to 25 million people suffer from Sleep Apnea, but fewer than a million of them are aware of it. In addition, sleepiness is responsible for as many as 100,000 auto accidents every year. There are different degrees of Sleep Apnea; some more serious than others.

When a person suffers from Obstructive Sleep Apnea, they tend to stop breathing for ten or more seconds. This lapse in breathing causes a decreased amount of oxygen to enter the bloodstream, which stresses the heart and puts the sleeper at a greater risk of heart attack or stroke.

Of course, not all snoring is a sign of Sleep Apnea, but snoring is usually a pretty good indicator that the breathing process is abnormal.

A less common form of Apnea is Central Sleep Apnea which occurs when the brain forgets to tell your lungs to breathe.

Common symptoms of Sleep Apnea are daytime fatigue, morning headaches, poor mental or emotional functioning, heartburn, and impotence.

Physical characteristics of Sleep Apnea may include

having a larger neck, a long lower part of the face, a narrow upper jaw, or being overweight. Obesity, along with smoking and consuming alcohol, is often a factor in the development of Sleep Apnea.

If these symptoms sound familiar to you, there is no reason for you to suffer any longer. Please contact your doctor immediately and ask about treatment.

**An individual
with untreated
apnea is up to
four times
more likely to
have a stroke.**

Is tossing and turning a sleep disorder?

Tossing and turning at night can often be attributed to soda intake during the day, stress, or anxiety, but if you are restless even after cutting out coffee and sodas, you may be experiencing Restless Leg Syndrome, or RLS. RLS is often stress-related, but there is no specific cause and it may be brought on by sleep or emotional disorders.

RLS is typically found in middle to upper-aged adults and tends to occur shortly after going to bed. It may occur during the day, and is usually aggravated by lying down, causing the person to stretch or move constantly during the night.

Most adults who experience RLS describe it as a "crawling, creeping, tingling, burning, or itching sensation." The constant

moving and stretching that accompanies RLS may lead to daily fatigue, anxiety, depression, insomnia, and confusion.

If you feel that you are suffering from RLS, please speak to a doctor immediately about treatment.

How will I pay?

The most common method of payment is through your insurance provider, but we also accept Medicaid and Medicare. Please speak to your doctor to learn more about this service in conjunction with your insurance provider.

**People suffering
from sleep apnea
are six times more
likely to be involved
in a car crash.**