

How restful is your sleep?

Please discuss any of these symptoms with your doctor. You may have a sleep problem that can be diagnosed and treated to help improve your health.

- Are you excessively sleepy during the day?
- Do you gasp, snore or pause in your breathing while you sleep?
- Do you wake up tired and not refreshed?
- Are you fatigued?
- Do you wake up frequently from sleep?
- Do you wake up with headaches?
- Is your neck size larger than 16 inches (women) or 17 inches (men)?
- Have you ever fallen asleep or nodded off at a stoplight or while driving?

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Take a **FREE** sleep quiz online at mylittletonhospital.org/sleep today.
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To schedule an appointment with the Littleton Sleep Disorder Center, please contact us at:
Phone: 303-738-2570



7700 S. Broadway, Littleton, CO 80122
mylittletonhospital.org/sleep

Littleton Adventist Hospital


Centura Health complies with the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, and no person shall be excluded from participation in, be denied benefits of, or otherwise be subjected to discrimination in the provision of any care or service on the grounds of race, religion, color, sex, national origin, sexual preference, ancestry, age, familial status, disability or handicap.

From restless to rest assured...



The Littleton Sleep Disorder Center Can Help

Littleton Adventist Hospital


When you don't sleep well, everyone feels it.

The quality of your sleep directly affects the quality of your life and the life of those you love. You could be among the more than 40 million people who have chronic sleep problems that affect your personal safety, productivity and ability to enjoy daily living.

Sleep problems are also connected with serious conditions such as coronary heart disease, diabetes, high blood pressure, impotence, memory issues and mood changes. Fortunately, most sleep problems can be treated.

The Littleton Sleep Disorder Center provides sleep study services that will give your doctor the information he or she needs to treat you successfully.

Go to mylittletonhospital.org/sleep to learn more about sleep disorders and the Littleton Sleep Disorder Center or to take our online sleep quiz.

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While there are more than 70 distinct sleep disorders, these are the most common:

Obstructive Sleep Apnea (OSA)

The person who has OSA usually has loud, frequent snoring and experiences pauses in breathing as they sleep. Often, those with OSA also have daytime sleepiness.

Narcolepsy

This is characterized by attacks of an irresistible urge to sleep at unexpected times and severe daytime sleepiness and is often accompanied by intermittent muscle weakness and sleep-related vivid dreams.

Restless Leg Syndrome (RLS) and Periodic Limb Movements (PLM)

These are involuntary leg or arm movements before and during sleep, which disrupt sleep patterns and can lead to daytime sleepiness.

Parasomnias

This is the name for a group of sleep issues including sleepwalking, night terrors and acting out dreams.

Insomnia

The inability to fall asleep or stay asleep is the most commonly reported sleep disorder.

Talk to your doctor.

Your doctor can refer you to the Littleton Sleep Disorder Center if your symptoms indicate the need for this evaluation. Sleep studies are usually covered by insurance, but check your own plan for specific information about your coverage.

Our program provides expert care.

At Littleton Adventist Hospital, you can have confidence in your care and evaluation. Board-certified physicians direct the sleep disorders program and evaluate your results.

Having a sleep study in a hospital setting offers the highest degree of safety and security, especially for those who have more complex medical problems, such as cardiac disease. A board-certified Respiratory Therapist/Registered Polysomnographic Sleep Technologist will supervise your overnight stay and will care for no more than two patients each night.

Rooms

Sleep study tests require an overnight stay in a private, beautifully decorated room. You may bring your own sleep clothing, pillow and personal items for a comfortable stay. If you are being evaluated as part of a daytime study, meals will be provided.

Pediatric Sleep Studies

The Littleton Sleep Disorder Center staff is qualified to perform sleep studies for children age 10 and older.

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