



Sleep Health & The Diagnostic Sleep Center

An essential part of an individual's good health and well-being is a good night's sleep. An estimated 30 to 40 million people in the United States suffer from sleep disorders that undermine their sleep quality and overall health.

The number of people affected by sleep disorders in the United States continues to increase. They tend to be less productive, more frequently ill, and prone to more accidents than people who get enough sleep.

Excessive Daytime Sleepiness (EDS): More Than Just Tired

Everyone feels tired at some point during the day. While many sleep disorders occur in the dark of night, the harm is easily seen during the day. Feelings of extreme drowsiness or an overwhelming urge to sleep, even after receiving adequate nighttime sleep, is a condition called Excessive Daytime Sleepiness (EDS).

EDS can interfere significantly with a person's ability to concentrate and perform daily tasks and routines. People with EDS frequently doze or fall asleep when they need or want to be fully awake and alert. The condition can be dangerous, especially when driving a car or operating potentially hazardous machinery. People with EDS often report feelings of low self-esteem, frustration, and anger about being regarded as unintelligent, lazy or uninterested. They also report having difficulty with relationships in social situations, in the workplace and within the family. EDS is frequently a sign of an underlying medical condition-typically a sleep disorder.

At the Diagnostic Sleep Center of LaPorte Regional Health System, our goal is to diagnose and treat sleep disorders so people can achieve a healthier lifestyle through improved sleep habits. For our patients, a good night's sleep can be a dream come true.

The Science of Sleep

The Diagnostic Sleep Center is equipped with leading-edge technology that accurately measures and records a patient's vital signs, including: respiratory rate, depth, oxygen saturation, EKG and brain sleep rhythms. The Center's highly trained and friendly staff is led by a physician director. Test results are interpreted by a qualified specialist, and the report is forwarded to the patient's physician.

Proper treatment is developed once the underlying medical conditions have been correctly diagnosed. Some sleep disorders can be easily corrected by modifying daily habits or work schedule. Others may require medication, lifestyle changes, being fitted with a medical device or even surgery.

**For more information, contact the Diagnostic Sleep Center of
La Porte Regional Health System at (219) 326-2377 or visit www.laportehhealth.org.**