

## TIRED OF BEING TIRED?

If you're among the 70 million Americans who suffer from a sleep disorder, it's important to know that an inability to get quality sleep not only impacts how you feel every day, but also can seriously affect your overall health. Those who consistently have problems sleeping are at greater risk for heart attack, stroke, diabetes, obesity, driving accidents and other conditions.

Millions of people are finding renewed energy and improving their overall health and well-being through the specialty of Sleep Medicine. The St. Luke's Cornwall Center for Sleep Medicine is committed to enhancing quality of life for those experiencing disruptive sleep. Using advanced diagnostics and the latest research in the field, our highly qualified staff will evaluate your sleep patterns and devise a custom treatment plan to improve your ability to obtain sleep.

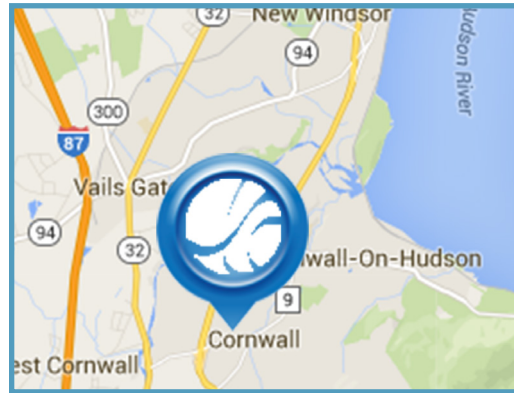


## COMMON SYMPTOMS OF SLEEP DISORDERS

- Snoring
- Irregular breathing during sleep
- Feeling unrefreshed or lethargic
- Daytime sleepiness and napping
- Restlessness or "tossing and turning"
- Difficulty getting to sleep or staying asleep
- Uncomfortable sensations or jerking of the limbs
- Feelings of weakness when experiencing strong emotions
- Vivid, frightening or violent dream

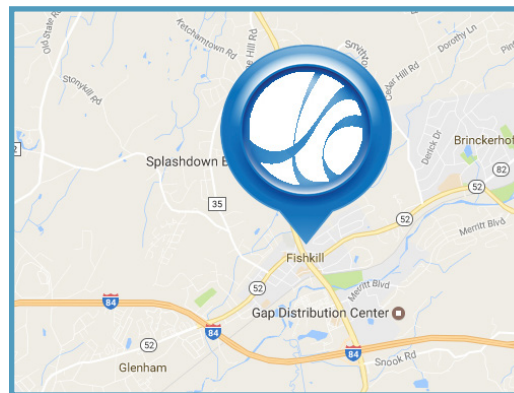
## TWO LOCATIONS

The St. Luke's Cornwall Hospital Center for Sleep Medicine conducts sleep testing at locations in Cornwall and Fishkill.



**Cornwall Campus** | 19 Laurel Avenue | Cornwall, NY 12518

(845) 458-4899



400 Westage Business Center Drive, Suite 212 | Fishkill, NY 12524

(845) 765-1676

**For directions, please contact us, or visit our website:** [stlukescornwallhospital.org](http://stlukescornwallhospital.org)

[www.STLUKESCORNWALLHOSPITAL.ORG](http://www.STLUKESCORNWALLHOSPITAL.ORG)



SLCH#3203 0418

St. LUKE'S CORNWALL HOSPITAL  
*With you for life.*

A Member of the  
**Montefiore**  
HEALTH SYSTEM, INC.

## CENTER FOR SLEEP MEDICINE



*Quality of sleep affects  
quality of life.*

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Cornwall, NY 12518  
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## GETTING THE REST YOU NEED

St. Luke's Cornwall Center for Sleep Medicine is conveniently located in both Cornwall and Fishkill. Sleep studies are covered by most insurance plans and often do not require a referral. We will be happy to answer any questions you may have regarding sleep studies or insurance issues.

For more information, or to schedule an appointment in Cornwall, call (845) 458-4899.

For more information, or to schedule an appointment in Fishkill, call (845) 765-1676.

## RECOGNIZED FOR QUALITY

The St. Luke's Cornwall Center for Sleep Medicine Cornwall location is accredited by the American Academy of Sleep Medicine. This center continues to help patients not only regulate their sleeping patterns but also improve their overall health and well-being.

AASM Accreditation of Sleep Disorders Centers is a voluntary process for the assessment of sleep programs. By achieving accreditation, SLCH has demonstrated a commitment to providing quality diagnostic services and/or long-term management of sleep patients. AASM center accreditation reflects a commitment to ensure that sleep disorders patients receive the highest quality care.



## THE STUDY OF SLEEP

Participating in a sleep study is like spending the night at a comfortable hotel. Each monitored bedroom is private and equipped with cable television, queen bed, recliner and private bathroom.

Once the patient has arrived at the center and settled in, the technologist offers a light snack and proceeds to connect the patient to the monitoring equipment via noninvasive sensors gently adhered to the skin. The hookup procedure takes approximately one hour.

The study is conducted throughout the night while the patient sleeps. The patient is disconnected the next morning and is able to return to his/her normal routine. The sleep physician reviews and interprets the study over the next few days and recommends an appropriate course of treatment.

## TYPES OF SLEEP DISORDERS

There are more than 80 types of sleep disorders; the most common are:

- Insomnia
- Sleep Apnea
- Hypoxemia
- REM Sleep Behavior Disorder
- Restless Leg Syndrome (RLS)
- Periodic Limb Movement Disorder (PLMD)
- Narcolepsy

**Sleep disorders can be managed once they are properly diagnosed by a qualified Sleep Center.**



## To determine if you may suffer from a sleep disorder, take this simple quiz:

Y	N		Y	N	
<input type="checkbox"/>	<input type="checkbox"/>	Do you have trouble falling or staying asleep?	<input type="checkbox"/>	<input type="checkbox"/>	Do you wake up with headaches?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel unrefreshed upon waking?	<input type="checkbox"/>	<input type="checkbox"/>	Do you often lose focus or feel unable to concentrate?
<input type="checkbox"/>	<input type="checkbox"/>	Do you snore loudly?	<input type="checkbox"/>	<input type="checkbox"/>	Have you gained 10 lbs. or more in the past year?
<input type="checkbox"/>	<input type="checkbox"/>	Have you been told that you gasp or stop breathing for short periods at night?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have uncomfortable sensations in your legs or arms while in bed?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have high blood pressure or diabetes?	<input type="checkbox"/>	<input type="checkbox"/>	Do you wake up during the night with heartburn?
<input type="checkbox"/>	<input type="checkbox"/>	Are you extremely sleepy during the day?			

If you answered "yes" to more than five questions, talk to your physician or the St. Luke's Cornwall Center for Sleep Medicine in Cornwall (845-458-4899) or Fishkill (845-765-1676).