



## SERVICES AVAILABLE

- **Polysomnography Testing**

This test is performed by trained sleep technicians to identify sleep disorders.

- **Titration**

If sleep disordered breathing is identified, a titration with positive airway pressure equipment is performed to help alleviate your symptoms. Titration is also indicated for significant weight loss after initial titration or to qualify for new equipment with certain insurances.

## DO YOU FEEL LIKE YOUR SLEEP QUALITY IS UNREFRESHING OR FRAGMENTED?

- Feel fatigued?
- Unable to concentrate?
- Morning headaches?
- Depressed?
- Unexplained weight gain?
- Witnessed apneas?
- Loud snoring?
- Need frequent naps?

If you have any or several of these conditions, you may have sleep disordered breathing, sleep apnea or other parasomnias.

Make an appointment with your healthcare provider today and find out if a sleep study is right for you.

