

SLEEP STUDY

Freedom Diagnostic Services

A Wellness Facility



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What is Obstructive Sleep Apnea (OSA)

Obstructive Sleep Apnea is when a person stops breathing during sleep because his or her airway collapses and prevents air from getting into the lungs.

Obstructive Sleep Apnea Symptoms:

- Excessively loud snoring
- Gasping and choking for breath
- Frequent awakening during the night
- Morning fatigue
- Abnormal daytime sleepiness or fatigue
- Headaches
- Difficulty losing weight

If untreated, persons with Obstructive Sleep Apnea are:

- 8 times more likely to have high blood pressure
- 4 times more likely to have a heart attack
- 6 times more likely to have a stroke
- At risk for fatigue-related motor vehicle and work accidents
- At risk for decreased quality of life

Ask Yourself:

1. Do I snore more than 1 night a week?
2. Do I awaken with headaches?
3. Am I sleepy throughout the day?
4. When I sleep, do I sweat on my neck and shoulders?
5. Do I take sleeping aides?
6. Am I taking 2 or more blood pressure medications?
7. Do I wake up choking and gasping for breath?

The Sleep Study Involves:

The patient schedules an appointment for either 8:30 p.m. or 9:30 p.m. Day Studies are also available. Bring pillow, pajamas and any other toiletries. Bring any bedtime medications, including sleeping aides. The bedroom is a warm welcoming environment conducive for relaxation. The study takes approximately 8 hours. Six slept hours is necessary for a good reading. The test is scored, interpreted and sent to your referring physician.

Coverage

This is a medically directed program ordered by your physician. Sleep studies are covered by most insurance plans. For additional information please call 972-221-1212.