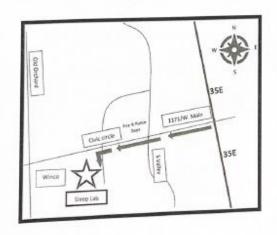
SLEEP STUDY

Freedom Diagnostic Services

A Wellness Facility



1288 W. Main Street #200 Lewisville, Texas 75067 Phone (972) 221-1212 Fax (972) 221-8252

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. Ddy 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.