

Is a good night's
sleep only
a dream to you?

We can help.



Nash Sleep Disorders Center

A service of Nash Health Care / It's all about how we treat you

The alarm rings.
You hit the
snooze button.
It rings again.
Again, you hit the
snooze button.
It rings... again...

If this sounds all too familiar, you're not alone. More than one-third of all adults cannot get a good night's sleep, and when you can't sleep, it's difficult to be effective on your job, in school, or while completing household tasks.

But it's more than just being drowsy. Sleep disorders can indicate other potentially serious health problems. Some of the more common sleep-related problems are:

Sleep apnea:

Sleep apnea is the inability to breathe properly during sleep, which may result in much more than simply snoring—it may result in high blood pressure and may contribute to heart attacks or strokes. People with sleep apnea may experience episodes where they stop breathing for 10 to 90 seconds. These episodes may occur hundreds of times each night.

Insomnia:

Insomnia is the inability to fall or stay asleep, which may be caused by heartburn, poor sleep habits, medications, stress or sleep apnea, or leg jerks.



Narcolepsy:

Narcolepsy causes excessive daytime drowsiness and the tendency to sleep at inappropriate times.

Restless Leg Syndrome:

This syndrome produces a "creepy crawly" sensation in the legs that can affect the ability to fall asleep, causing extreme fatigue and drowsiness. It can also cause extended awakenings during the night.

REM (Rapid Eye Movement) Sleep Behavior Disorder:

Those with this disorder will "act out" their dreams during sleep.

Periodic Leg Disorder:

This disorder causes arms or legs to jerk involuntarily during sleep. This may occur for a few minutes or for hours, resulting in disrupted sleep and daytime drowsiness.



At the Nash Sleep Disorders Center, we have getting a good night's sleep down to a science.

Our sleep disorders center, opened in 1997, has two locations: one location is actually within Nash General Hospital, while the other is headquartered at the Comfort Inn Gateway in Rocky Mount.

At our Nash General Hospital site, we have a hospital bed that can meet the needs of handicapped patients as well another room with a regular standard bed. At our Comfort Inn site, patients are carefully monitored while they sleep in a home-like

environment. Occasionally, we ask patients to participate in a Multiple Sleep Latency Test to evaluate any excessive daytime sleepiness after a night's sleep.

What happens during a sleep study?

During this study, you are monitored during the night while you sleep. Our skilled technicians will evaluate your heart rate,

breathing, brain activity and limb movement. Our health care workers monitor any breathing problems, leg jerks or snoring problems you may have.

All of our sleep technicians have passed the national Registered Polysomnographic Technologist exam, developed by the Board of Polysomnographic Technologists. Essentially, this means that our sleep technicians are certified and able to provide you with compassionate care and extensive expertise.

Our services are covered by most insurance policies.

To schedule an appointment or for more information about referrals and sleep studies, contact the Nash Sleep Disorders Center at

1 888 627 6274.



How would I know if I have a sleep/snoring problem?

We've provided this quiz to help you decide whether or not you may suffer from sleep apnea. Just circle your answers.

1. Are you a loud and /or regular snorer? Yes No
2. Have you ever been observed to gasp or stop breathing during sleep? Yes No
3. Do you feel tired or groggy upon awakening, or do you awaken with a headache? Yes No
4. Are you often tired or fatigued during the wake time hours? Yes No
5. Do you fall asleep sitting, reading, watching TV or driving? Yes No
6. Do you often have problems with memory or concentration? Yes No

If you have one or more of these symptoms, you may be at higher risk for having sleep apnea, and you should discuss your answers with your physician or a sleep specialist for more information.

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