

STOP BANG

SLEEP APNEA QUESTIONNAIRE

Snooring: Do you snore loudly (louder than talking or loud enough to be heard through closed doors)? Yes No

Tired: Do you often feel tired, fatigued, or sleepy during the day? Yes No

Observed: Has anyone observed that you stop breathing during your sleep? Yes No

Blood **P**ressure: Do you have or are you being treated for high blood pressure? Yes No

BMI more than 35? Yes No

Age over 50 years? Yes No

Neck circumference greater than 16 inches? Yes No

Gender, male? Yes No

ANSWERED YES

5-8 High risk of obstructive sleep apnea

3-4 Intermediate risk of obstructive sleep apnea

0-2 Low risk of obstructive sleep apnea

This quiz is not a substitute for proper diagnosis by a qualified healthcare provider. Take this form to your healthcare provider to discuss if you should have further testing.

Sleep disorders are sometimes hard to diagnose. Often, a loved one or family member will be the first to notice a sleep disorder before a patient seeks treatment. South Baldwin Regional Medical Center has combined technology with a personal touch in our sleep center.

SCHEDULING

To arrange for a sleep study, contact the scheduling department at 251-949-3787.



Your Care. Your Trust. Our Passion

Sleep Disorder Center
1708 Bunner Street
Foley, AL 36535
251-949-3957

SouthBaldwinRMC.com

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SLEEP DISORDER CENTER



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SouthBaldwinRMC.com



MISSING YOUR ZZZs?

Millions of americans do not get a good night's sleep on a regular basis. Sleep allows the body to renew itself both physically and mentally. Without regular sufficient sleep, we suffer.

Thanks to south baldwin regional medical center sleep disorders center, many have found the help and relief they need for consistent, restful sleep.

Untreated sleep disorders, such as sleep apnea, can increase the risk for high blood pressure, heart attack and stroke. In addition, daytime drowsiness caused by sleep disorders may contribute to work-related injuries or driving accidents, putting you and others at risk for serious injury or death.

While many are not aware that they have a sleep disorder until a loved one notices a problem, symptoms may include:

- Fatigue, lack of motivation and excessive daytime sleepiness
- Anxiety, depression and irritability
- Loud snoring or gasping for air while sleeping
- Pauses in breathing or racing heartbeat during the night
- Restless sleep
- Morning headaches
- Difficulty concentrating or learning
- Waking up frequently
- Night-time sweating

COMMON SLEEP DISORDERS

- Sleep apnea causes sufferers to start and stop breathing many times while sleeping.
- Narcolepsy brings about extreme drowsiness and results in a person suddenly falling asleep many times during the day.
- Chronic insomnia is characterized by repeated difficulty falling or returning to sleep.
- Restless Leg Syndrome produces tingly or painful sensations in the legs while at rest for a prolonged period.

SOUTH BALDWIN REGIONAL MEDICAL CENTER SLEEP DISORDERS CENTER

If you have been experiencing a sleep problem for more than a month, your primary care physician can refer you for a sleep study at South Baldwin Regional Medical Center Sleep Disorders Center. Using modern, non-invasive equipment, a specially trained sleep technician will monitor your heart rate, respiratory system, muscle activity, oxygen levels, brain activity, sleep movements and body position. The information gathered from the study allows a board-certified sleep physician to evaluate and diagnose your condition. Your primary care physician will receive the test results and use this information to help determine the appropriate course of treatment.

Sleep studies can be arranged for daytime hours to accommodate varied work schedules.

The center's patient rooms feature queen beds, private bathrooms and TVs. Our patients enjoy more of a hotel-type experience instead of trying to sleep in a typical hospital bed.

THE CENTER'S STAFF

Technology is only as good as the people using it. That's why we staff a team of friendly, compassionate sleep technicians who are trained to balance your comfort with the need of a quality sleep study. From scheduling your test, to completing your paperwork, to performing your study, your comfort is our priority.

THESE PHYSICIANS PROVIDE SLEEP MEDICINE SERVICES AT SOUTH BALDWIN REGIONAL MEDICAL CENTER.



Russell J. Proctor, M.D.
Sleep Disorder Center Director

- American Board of Pulmonary Disease
- American Board of Internal Medicine
- American Board Certified Sleep Medicine



Geoffrey Lipscomb, M.D.
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ENT Centers of Excellence, LLC

- American Board of Otolaryngology
- American Board Certified Sleep Medicine

Independent Members of the Medical Staff at South Baldwin Regional Medical Center.