

# The Sleep Diagnostic Center of Inland Hospital

If you're interested in a sleep assessment, contact your primary care provider to make arrangements with us today!

For more information and a printable personal sleep assessment visit, [inlandhospital.org](http://inlandhospital.org)

## The Sleep Diagnostic Center of Inland Hospital

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Medical Arts Building - Suite 203  
Waterville, ME 04901



*Quality of life starts with a  
good night's sleep...*

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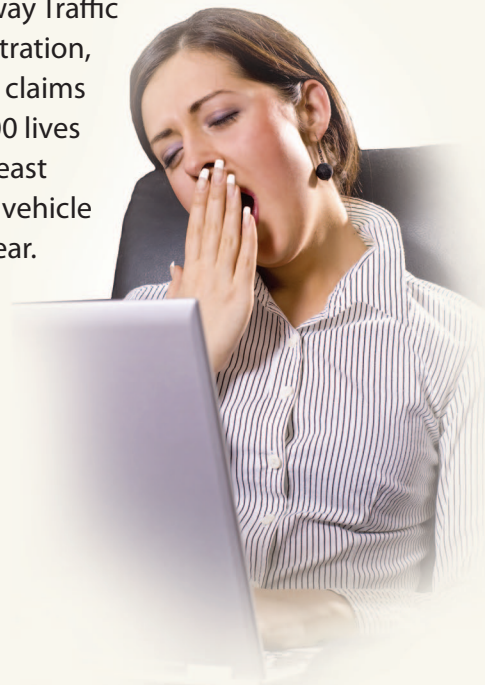
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# Are **you** getting enough sleep?

According to the National Institutes of Health, 50-70 million Americans are affected by chronic sleep disorders and intermittent sleep problems that can significantly diminish health, alertness and safety. Untreated sleep disorders have been linked to hypertension, heart disease, stroke, depression, diabetes and other chronic diseases. Sleep problems can take many forms and can involve too little sleep, too much sleep or inadequate quality of sleep, which can affect everything from personal and work productivity to behavioral and relationship problems. Sleep problems can have serious consequences. According to the National Highway Traffic Safety Administration, drowsy driving claims more than 1,500 lives and causes at least 100,000 motor vehicle crashes each year.



## SHOULD YOUR SLEEP BE EVALUATED?

- **Do you regularly have difficulty getting to sleep or staying asleep?**
- **Do people tell you that you snore? Has anyone ever told you that you have pauses in breathing or that you gasp for breath when you sleep?**
- **Are your legs “active” at night? Do you experience tingling, itching, aching or other strange feelings in your legs while sitting or lying down that cause a strong urge to move, walk or kick your legs for relief?**
- **Are you so tired when you wake up that you cannot function normally during the day?**
- **Does sleepiness and fatigue persist for more than three weeks?**

If you answered yes to any of these questions, then a complete sleep evaluation should be considered and discussed with your physician. Before your visit, it may be helpful to track your sleep patterns and medications.

Common sleep problems, such as snoring and sleep apnea (which is characterized by brief interruptions of breathing during sleep), can be easily treated. Some other notable side effects of poor quality sleep include: depression, irritability, problems concentrating, memory impairment, and sexual dysfunction.

Many of these sleep disorders can be diagnosed through a sleep study.

## The Sleep Diagnostic Center of Inland Hospital

is a comfortable, caring environment with highly trained staff who will monitor your sleep study through a non-invasive, pain-free procedure that usually requires spending a night or two with us. During a polysomnogram, a sleep technologist records multiple biological functions during sleep, such as brain wave activity, eye movement, muscle tone, heart rhythm and breathing via electrodes and monitors placed on the head, chest and legs.



We now offer Home Sleep Study capabilities for patients who meet medical criteria.  
*Ask us more about this option!*

Our sleep studies are interpreted by The Aroostook Medical Center (TAMC), a sister hospital of Inland in the EMHS system. All interpretations are made available to your primary care provider who will discuss the results and treatment options with you.

The Sleep Diagnostic Center offers a wide variety of sleep related services, including Home Sleep Studies, and a telemedicine Sleep Consult Clinic with sleep experts from TAMC.