

Could your snoring be a sign of something serious?

Take this quiz and talk to your doctor about obstructive sleep apnea (OSA).

		YES	NO
Snoring	Have you been told you snore?		
Tired	Are you tired, fatigued or sleepy during the day?		
Observed	Do you gasp for breath or stop breathing during sleep?		
Pressure	Do you have or are being treated for high blood pressure or type 2 diabetes?		

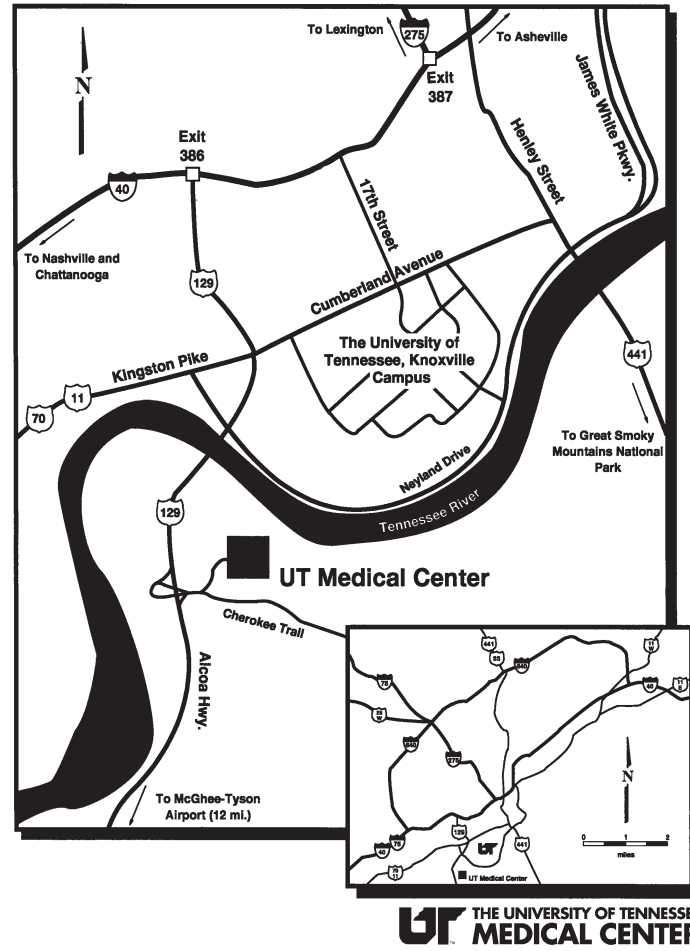
If you answered YES to two or more questions you are at risk for Obstructive Sleep Apnea (OSA).

What is OSA?

- OSA is caused by an airway blockage that can disrupt your breathing while you sleep and may leave you feeling tired during the day.
- One of the most common symptoms of OSA is loud snoring.
- It is estimated that as many as 18 million Americans suffer from OSA.
- OSA is a medical condition that needs diagnosis and treatment by a doctor.
- OSA can have significant consequences to your health.

UT Sleep Disorders Center locations:

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Restoring restful sleep to your nights and improving the quality of your days.

The mission of the UT Sleep Disorders Center is to evaluate and treat the full spectrum of wake/sleep disorders that affect over 70 million American's annually with the utmost commitment in providing specialized, comprehensive, and compassionate care. The UT Sleep Disorders Center has pledged to provide patients, their families, regional referring physicians and the East Tennessee community with the best possible care and educational awareness in sleep medicine.

What's keeping you from a good night's sleep?

Insomnia

Difficulty falling asleep, staying asleep, or waking up too early are a few of the many signs of insomnia. There are three types of insomnia – transient insomnia which lasts only for a few nights; short-term insomnia which lasts for two or three weeks; and chronic insomnia in which poor sleep lasts three weeks or longer.

The most common symptoms of insomnia are sleeplessness, anxiety, impaired memory, irritability, and difficulty with concentration.



Sleep Apnea

Sleep apnea is a disruption of breathing during sleep in which Apnea there are brief periods throughout the night when breathing stops. People with sleep apnea may not actually get enough oxygen and have inadequate sleep.

The most common symptoms of sleep apnea are loud snoring, waking up feeling unrefreshed, having trouble staying awake during the day, headaches, waking up during the night and feeling like you are choking.

Narcolepsy

People with narcolepsy experience the irresistible need to sleep no matter how much sleep they get at night. They may fall asleep while working, talking or driving a car, with attacks lasting from 30 seconds to more than 30 minutes.

Restless Legs Syndrome

Restless legs syndrome (RLS) is a discomfort in the legs when people are sitting or lying still. Persons with RLS feel the constant need to stretch or move their legs, which prevents them from falling asleep.

Pediatric and adolescent sleep disorders

Pediatric sleep disorders are very common. In fact, all of the sleep disorders that affect adults have a pediatric counterpart. The most common problems are of the sleep/wake schedule (difficulty falling or staying asleep, or inability to sleep at desired times). Infants and children also suffer from sleep apnea. Narcolepsy typically begins in adolescence and may affect younger children. Unusual motor behavior during sleep may result from sleep terrors, sleepwalking or nocturnal seizures.

What is a sleep study?

Diagnosis and treatment of sleep disorders are individualized for each patient. An initial evaluation will help to identify your problem. Your physicians may then determine that you need a sleep study to accurately diagnose the sleep disorder. In order to study your sleep, various brain activities and body systems will be observed through out the night. After the study, your physician will better understand your specific sleep patterns and problems. Treatment recommendations will be made based upon the study results.

What happens during the sleep study?

- For an overnight study, you will be asked to arrive around 7:15 p.m. and will be taken to a room. You should bring an overnight bag, packed as for any overnight stay.
- Next, sensors are attached to your head and body. These sensors monitor body activities during your sleep – such as brain waves, eye movements, heart rate, breathing and leg movements.
- The specially trained sleep technician will monitor your sleep all night from another room. You should be able to rollover, change positions and sleep in your usual positions.
- Most overnight studies are completed by 6:00 a.m. If you are staying for a nap study, you can anticipate staying until 5:00 p.m.

Important Points:

- On the day of your study, do not consume caffeine after 2:00 p.m.
- Do not stop any medications, unless specifically requested by the sleep center physician.
- Do not use any hair cream, moisturizers, rinses or sprays the day of the study.

- Do not take a nap on day of study.
- You may want to bring a pillow, book or your laptop. (Free Wi-Fi available).
- Eat dinner before you come for your testing.
- Bring comfortable clothes to sleep in.

The UT Sleep Disorders Center offers sleep evaluations performed by diplomats of the American Board of Sleep Medicine. The UT Sleep Laboratory has a staff of technologists registered by the Board of Registration of Polysomnographic Technologists.

Insurance

Most insurance companies recognize the impact of sleep disorders on your health and reimburse for evaluation and testing. The sleep center will assist you in working with your insurance company to determine benefits.

UT Sleep Disorders Center Specialists:

Our physicians use a multidisciplinary and individualized treatment approach. They work closely with our referring physicians to help patients find the most effective solutions to their sleep problems. Our sleep medicine physicians are:

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