

## WHAT IS A SLEEP STUDY?

A sleep study is part of a comprehensive evaluation of sleep problems. During a sleep study, a patient will spend the night in a private “bedroom” at the sleep center. The patient will have brain wave activity and body systems monitored throughout the night by a technologist who remains outside the room at a control center. Most patients find it similar to sleeping in a hotel and are able to fall asleep quite easily. After a sleep study is completed, our physicians will interpret the results and prepare an individualized treatment plan.

## HOW DO I GET REFERRED TO THE CENTER FOR SLEEP MEDICINE?

Consultations with the center’s medical staff can be arranged by calling us directly or through a referral from your primary care physician.

## DO CHILDREN HAVE SLEEPING DISORDERS?

Sleep disorders are common among children as well as adults. In children, sleep disorder symptoms differ from adults and are often linked to hyperactivity, poor school performance, and ADHD. Our medical experts treat children as well as adults and can evaluate and treat anyone one year of age or older.

## DOES MY INSURANCE COVER A SLEEP STUDY?

Sleep testing is covered by most insurances including Medicare, but you should always verify coverage with your provider ahead of time.

## TESTING HOURS

Monday through Friday: 8 a.m. – 4 p.m.  
Monday through Friday: 7:30 p.m. – 8 a.m.

## CONSULTATION HOURS

Monday, Thursday & Friday: 8:30 a.m. – 5 p.m.  
Tuesday & Wednesday: 11 a.m. – 7 p.m.



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## CENTER FOR SLEEP MEDICINE



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Capital Health's Center for Sleep Medicine is the largest, fully accredited center in Mercer and Bucks counties and has provided comprehensive evaluation and treatment for sleep disorders for more than 30 years.

Using the latest technology available, we provide testing and treatment for the entire range of sleep disorders in adults and children — all in a comfortable setting that includes:

- ... 10 private sleeping rooms
- ... Individual bathroom and shower facilities
- ... Flat screen TVs with DVD players
- ... WiFi for wireless internet access
- ... Complimentary breakfast

For additional convenience, physicians are available for appointments on evenings.

### WHAT ARE SOME COMMON SLEEP DISORDERS?

- ... **Sleep Apnea** — Pauses in breathing associated with snoring, gasping for breath, and unrefreshing sleep
- ... **Narcolepsy** — Excessive sleepiness during the day which can be associated with involuntary napping
- ... **Insomnia** — Difficulty falling asleep or staying asleep
- ... **Parasomnias and Nocturnal Seizures**— Sleepwalking or other unusual body movements during sleep

### WHY CAPITAL HEALTH?

Our sleep center meets the most stringent quality standards in the industry. Our physicians are board certified in their primary medical specialty (pulmonary disease, neurology, family medicine, and internal medicine) as well as sleep medicine. That means they're trained to diagnose and treat the full array of sleep disorders in adults and children. Since many patients suffer from more than one sleep disorder, comprehensive evaluation and follow-up is our focus.

In addition, our center is the only area facility equipped to perform neurological monitoring for complex conditions such as nocturnal seizures.

Many sleep centers only offer nighttime testing primarily for sleep apnea. We are fully staffed during the day and night to provide testing and treatment for the entire range of sleep disorders. Our flexible hours accommodate all shift workers. Our experienced physicians and board registered sleep technologists ensure our patients receive the highest quality care.

### DO I HAVE TO TAKE A DAY OFF FROM WORK OR SCHOOL FOR A SLEEP STUDY?

Testing is generally performed at night without interruption of your daytime responsibilities. After we diagnose your condition and formalize your treatment plan, you can schedule follow-up visits with your physician and technologists during hours that are convenient for you. Follow-up visits are crucial to understanding your sleep disorder and following your treatment plan.

### OUR STAFF



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