



HELLO, SLEEP

SLEEP DISORDERS

Insomnia, sleep apnea, restless legs syndrome, snoring and more: Sleep disorders prevent millions of Americans from getting a full night of restful, restorative sleep.

The inability to get a good night's sleep is often overlooked or attributed to stress, anxiety or other health conditions. But restful sleep is an essential part of good health, and sleep problems can have a serious impact on your quality of life.

The Sleep Center at Clark Memorial Hospital is here to help. Our first-class providers are involved in both patient care and treatment. Let us help you find the right solution to better your sleep.

Visit us at clarkmemorial.org for more information.



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ARE YOU AT RISK FOR OBSTRUCTIVE SLEEP APNEA?

(Answer yes or no for each question)

		Yes	No
S (Snore)	Do you snore?	<input type="checkbox"/>	<input type="checkbox"/>
T (Tired)	Do you feel fatigued during the day?	<input type="checkbox"/>	<input type="checkbox"/>
	Do you wake up feeling like you haven't slept?	<input type="checkbox"/>	<input type="checkbox"/>
O (Obstruction)	Have you been told you stop breathing at night?	<input type="checkbox"/>	<input type="checkbox"/>
	Do you gasp for air or choke while sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
P (Pressure)	Do you have high blood pressure or are on medication to control high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>

SCORE: If you checked YES to two or more questions you may be at risk for Obstructive Sleep Apnea.

WHAT ARE THE EFFECTS OF SLEEP APNEA?

If left untreated, sleep apnea can result in a growing number of health problems, including:

- High blood pressure
- Stroke
- Heart failure, irregular heartbeats, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD
- Headaches
- Daytime Fatigue

You deserve a restful night's sleep. Contact your Primary Care Physician to schedule a consultation. If you do not have a preferred physician, please contact us at **812.283.2960** and a team member will help you find the care you need.



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