

WHAT IS A SLEEP DISORDER?

A sleep disorder interferes with one's ability to sleep normally. For many people, it is a chronic, nightly problem that can affect daytime behavior. Activities at work and school and relations with loved ones can be affected. A sleep disorder can worsen existing medical conditions and it can also lead to new medical problems.

WHAT ARE COMMON SLEEP DISORDERS?

There are over 80 known sleep disorders. Common sleep disorders include:

- Circadian Rhythm Disorders
- Hypersomnia
- Insomnia
- Narcolepsy
- Obstructive Sleep Apnea
- Parasomnias
- Periodic Limb Movement Disorder
- Restless Legs Syndrome

SIGNS AND SYMPTOMS OF SLEEP DISORDERS

If you experience one or more of these symptoms, discuss your sleeping problems or concerns with your healthcare provider:

- Excessive sleepiness or fatigue during the day
- Difficulty sleeping, including trouble falling asleep, waking frequently during the night, waking too early, not being able to fall back asleep, or waking unrefreshed
- Loud snoring
- Pauses in breathing or gasping for breath during sleep, as reported by others
- Difficulty concentrating or memory problems
- Irritability or depression
- Morning headaches
- Nighttime leg discomfort or movement of your arms or legs while sleeping
- Weakness or loss of muscle strength, often in response to a strong emotion
- Sleepwalking or sleep talking
- Hypertension, or high blood pressure



Patients can stay overnight in our comfortable and private rooms.

DO YOU HAVE A SLEEP DISORDER?

Check the items that pertain to you:

- I am tired all the time
- I don't feel refreshed, even after sleeping all night
- I have been told that I snore
- I'm sleepy during the day
- I toss and turn a lot in my sleep
- I stop breathing in my sleep
- I have trouble falling asleep or staying asleep
- I am forgetful or have trouble concentrating
- I often take sleeping pills to fall asleep
- I have been told that I kick or hit my bed partner during sleep
- I have a creepy, crawling feeling in my legs when I lie down or try to relax
- I walk or talk in my sleep
- I suffer from morning headaches

Untreated sleep disorders may result in:

- More frequent illnesses
- Lost productivity
- Workplace accidents
- Motor vehicle accidents
- Poorly controlled hypertension and/or diabetes
- Increased risk of stroke and heart attack
- Increased irritability and memory lapses
- Decreased quality of life

If you checked one or more of the statements above, you may have a sleep disorder. Talk to your doctor or call the Sleep Disorders Center for an appointment at 270-825-5918 or toll free 800-635-6506.

Help for a
good night's
sleep



**SLEEP
DISORDERS CENTER**
A Member of the Trover Health System



Our Mission...

Excellent Care, Every Time

Our Vision...

The vision of Trover is to be the provider of choice by consistently delivering the highest quality of care in the safest and most compassionate environment.

Our Core Values...

Safety
Quality
Compassion
Accountability



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Sleep Disorders Center

Regional Medical Center

900 Hospital Drive

Madisonville, KY 42431

270-825-5918

800-635-6506

www.troverhealth.org

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ABOUT OUR FACILITY

The Sleep Disorders Center is located on the 5th floor of the Trover Health System Regional Medical Center. The center is accredited by the American Academy of Sleep Medicine and includes a four-bed sleep lab attended by staff registered in sleep medicine. Dr. James Davis serves as the director of the Sleep Disorders Center. Dr. Davis is board certified in sleep medicine.

To learn more about the Sleep Disorders Center or to make an appointment call 270-825-5918 or toll free 800-635-6506 .



James W. Davis, MD
Sleep Disorders Center Director