



**IF YOU HAVE QUESTIONS,
PLEASE CALL GUTHRIE COUNTY HOSPITAL.**



An Affiliate of  UnityPoint Health

**Guthrie County Hospital
Sleep Study Program**

710 N. 12th Street
Guthrie Center, Iowa 50115
(641) 332-3838

www.guthriecountyhospital.org

SLEEP STUDY PROGRAM

at Guthrie County Hospital

HOW RESTFUL IS YOUR SLEEP?

Please discuss any of these symptoms with your primary care provider. You may have a sleep problem that can be diagnosed and treated to help improve your health.

- Are you excessively sleepy during the day?
- Do you gasp, snore or pause in your breathing while you sleep?
- Do you wake up tired and not refreshed?
- Do you wake up frequently from sleep?
- Do you wake up with headaches?
- Have you ever fallen asleep or nodded off at a stoplight or while driving?

SLEEP STUDIES IN COLLABORATION WITH:



(605) 362-6201

ACCREDITATION BY:



The Guthrie County Hospital Sleep Study Program is accredited by the Accreditation Commission for Health Care (ACHC).

For more information on ACHC's complaint process, please contact ACHC's Complaints Department at (855) 937-2242.



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SLEEP STUDY PROGRAM

Take Control of Your Sleep.

The quality of your sleep directly affects the quality of your life. You could be among the more than 40 million people who have chronic sleep problems that affect your personal safety, productivity and ability to enjoy daily living.

Sleep problems are also connected with serious conditions such as coronary heart disease, diabetes, high blood pressure, impotence, memory issues and mood changes. Fortunately, most sleep problems can be treated. The Guthrie County Hospital Sleep Study Program provide sleep study services that will give your provider the information they need to treat you successfully.

MOST COMMON SLEEP DISORDERS ARE TREATABLE

While there are more than 70 distinct sleep disorders, these are the most common:

Insomnia

The inability to fall asleep or stay asleep is the most commonly reported sleep disorder.

Narcolepsy

This is characterized by attacks of an irresistible urge to sleep at unexpected times and severe daytime sleepiness, often also accompanied by intermittent muscle weakness and sleep-related vivid dreams.

Obstructive Sleep Apnea (OSA)

The person who has OSA usually has loud, frequent snoring and experiences pauses in breathing during sleep. Often, those with OSA also have daytime sleepiness.

Parasomnias

This is the name for a group of sleep issues including sleepwalking, night terrors and acting out dreams.

Restless Leg Syndrome (RLS) and Periodic Limb Movements (PLM)

These are involuntary leg or arm movements before and during sleep which disrupt sleep patterns and can lead to daytime sleepiness.

Shift Work Disorder

This disorder affects individuals working nontraditional standard hours, such as night shifts or rotating shifts, and causes difficulty with their sleep-wake cycle.

AT-HOME SLEEP STUDIES

Thanks to technology, you can have a sleep study done at home. Contact your primary care provider and ask if you're a candidate. If so, your provider will give you an order, and you'll pick up a sleep study kit at Guthrie County Hospital.

At your appointment to pick up the Home Sleep unit, you will be given a demonstration, written instructions with images, and you can also access video instructions from YouTube on how to use the home sleep equipment. You'll be shown how to put on a belts that measure chest rise, affix a small tube under the nose to measure air flow, and how to use a finger monitor to measure oxygen. Then, you'll take the kit home.

A small box stays with you while you sleep and collects the data. That data goes back to a sleep lab for evaluation by a registered sleep technologist and a provider with experience in sleep studies. This provider will report their findings to your primary care provider. If something is found, your provider may have you follow up with a specialist or have you go for a second test in an actual sleep lab.

IN-LAB SLEEP STUDIES

A formal in-lab sleep study is a non-invasive study conducted by one of our partnered sleep technicians from SomniTech. The study will look at multiple aspects of your sleep, such as brain waves, heart rhythm, respiration, eye movement, and leg movement. We know that sleeping away from home can be a challenge, which is why we have set up our sleep lab to convey the home environment as much as possible. Our sleep lab rooms are spacious with a home feel to help ensure comfort and privacy.