

About the Sleep Disorders Center of ADC

The National Commission on Sleep Disorders estimate that millions of Americans are needlessly suffering from undiagnosed or misdiagnosed sleep disorders. Left untreated, sleep disorders can lead to increased health risks and an overall lower quality of life.

There are numerous sleep disorders from which people suffer. Some symptoms of a sleep disorder can include:

- Insomnia
- Daytime sleepiness
- Morning headaches
- Constant leg movement
- Gasping episodes at night
- Overweight/obesity
- Hypertension
- Loud snoring
- Dry mouth, sore throat
- Forgetfulness
- Loss of energy

The Sleep Disorders Center at Amarillo Diagnostic Clinic is a comprehensive clinic supervised by a physician board certified in Internal Medicine, Pulmonary Diseases and is a Diplomate, American Board of Sleep Medicine. Using the latest technology for diagnosing and treating sleep disorders in a comfortable and home like atmosphere, our team of sleep professionals is dedicated to providing the highest quality of sleep for our patients.

The Epworth Sleepiness Scale

Use the following scale to choose the most appropriate number for each situation.

- 0 = would *never* doze
- 1 = *slight* chance of dozing
- 2 = *moderate* chance of dozing
- 3 = *high* chance of dozing

How likely are you to doze off or fall asleep in the following situations (in contrast to feeling tired)?

Sitting and reading _____

Watching TV _____

Sitting, inactive in a public place
(movie theatre, meeting, etc.) _____

As a passenger in a car for an
hour without a break _____

Lying down to rest in the
afternoon _____

Sitting and talking to someone _____

Sitting quietly after lunch
Without alcohol _____

In a car while stopped for a few
minutes in traffic _____

 The higher your score, the more likely a sleep disorder may exist and it is recommended that you seek the advice of a sleep specialist.

What is a Sleep Study?

A sleep study may involve the following:

Polysomnogram (PSG) – a diagnostic test which monitors brain activity, breathing and leg movements which helps to evaluate sleep apnea (obstruction of air flow) or a condition known as periodic leg movements of sleep.

Multiple Sleep Latency Test (MSLT) – a daytime sleep study which evaluates how fast a person falls asleep.

What to Expect?

The first step will be an initial visit with our sleep specialist who will review your medical and sleep history. You will then schedule an appointment for an overnight visit. To help determine if a sleep disorder exists, your physician will need to know what physiologic changes occur during your typical night of sleep. We do this by recording your brainwave pattern (known as the EEG) as well as your eye movements and degree of muscle tone. Using an EKG monitor, we will measure your heart rate and check for irregular heart beats during the night. Other measurements will include oxygen saturation, snoring, leg movements or jerking and respiratory effort. An intercom in the room will allow communication with the technician should you have any questions or require assistance. Studies will usually begin between 8:00pm and 9:30 pm and will conclude at about 6am. You will then follow up with your physician who will make recommendations for treatment of the disorder.

How to Prepare

In order to feel more comfortable with your stay, feel free to bring your toiletries and usual sleepwear and if you prefer, your own pillow. (It is helpful to avoid using hair products or skin lotions on the night of the study). It is recommended that you eat a meal prior to your study and continue to take medications as prescribed (unless your physician specifies otherwise). It is also preferred that you not consume foods or beverages containing caffeine after 5pm.