



The Center for Sleep is located
on the ground floor of the
20th Avenue Medical Office Building,
Suite G-2 on the Baptist Hospital campus.

(across from the ER at the
intersection of 20th Ave. & State St.)

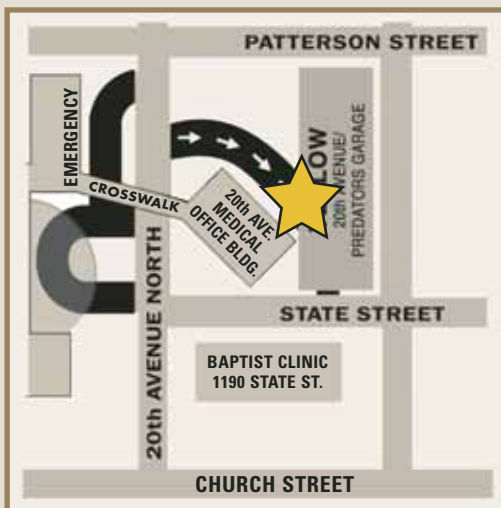
Free, covered, secure parking is
available in the adjoining parking garage.



For more information, please call
The Center for Sleep at 615-284-7537

or visit our website at

www.tncenterforsleep.com.



*There is a time for many words,
and there is also a time for sleep.*

— Homer, *The Odyssey*



Accredited Member of the American Academy of Sleep Medicine

Why Don't I Sleep Well?

Millions ask that question everyday; the most likely answer is that they have a sleep disorder. According



to the latest edition of the International Classification of Sleep Disorders, there are over 90 types of sleep disorders. Common sleep disorders include:

▲ Insomnia

The most common sleep related problem, insomnia is characterized by difficulty falling asleep and/or staying asleep. It can be a symptom of another sleep disorder or a condition itself. Depression and pain frequently aggravate this condition.

▲ Obstructive Sleep Apnea (OSA)

OSA affects over 18 million Americans. Loud snoring and a blockage of the airway occur with this disorder, resulting in a drop in oxygen levels and arousals in sleep. These episodes can occur hundreds of times during sleep. Left untreated, OSA can increase the risk of weight gain, hypertension, heart disease, diabetes, and stroke, and fatigue-related accident.

▲ Restless Legs Syndrome (RLS)

This is a disagreeable feeling in the legs that can only be relieved by moving them. This most often occurs at night and can delay sleep onset.

**IF YOU SUSPECT YOU HAVE
A SLEEP-RELATED PROBLEM,
THE CENTER FOR SLEEP
URGES YOU TO SEEK HELP NOW.**

Sleep Evaluation and Testing

The first step in seeking help with a sleep complaint is to discuss it with your family physician or to contact one of our affiliated sleep physicians. Not all complaints require a sleep study. Your sleep specialist will make that decision after a thorough evaluation. If a sleep study is required, you will be referred to the Center for Sleep to schedule your appointment. Testing will generally coincide with your normal sleep hours. The study is a completely non-invasive, painless procedure performed to determine if you have a sleep disorder.

During your sleep study the sleep technologist will closely monitor and record your brain waves, eye movements, muscle activity, breathing patterns, blood oxygen levels, heart rate and rhythm. After the sleep study is completed and "scored", the sleep physician will review the recording in order to establish a diagnosis and treatment plan, which will be reviewed with you in a follow up visit.



The Saint Thomas Health Services Center for Sleep

The Center for Sleep opened in early May 2006 as a part of the Saint Thomas Health Services Neurosciences Institute and is the largest sleep center in middle Tennessee with a 14-bed capacity, utilizing state-of-the-art technology. Each private hotel-style bedroom is furnished with The ClassicBed by Tempur-Pedic Mattress and The ComfortPillow by Tempur-Pedic to ensure a comfortable stay, along with private bath, and TV/DVD. A free continental breakfast will be provided to all patients.

Professional Staff

The Center for Sleep has the most experienced clinical and technical staff in the region. Our sleep technologists have a combined experience of well over 100 years, with backgrounds in respiratory, neurodiagnostics and nursing. The physicians who will utilize the services of the center in the management of their patients also have a combined experience of over 100 years. The following sleep physicians are currently affiliated with the Center for Sleep:

J. Michael Bolds, M.D. Bijoy E. John, M.D.
J. Brevard Haynes, M.D. J. Kirby Pate, M.D.
Stephen J. Heyman, M.D. Jon J. Tumen, M.D.

Insurance

Most insurance companies recognize the impact of sleep disorders on your health and reimburse for evaluation and testing. The Center for Sleep will assist you in working with your insurance company to determine benefits.

