

## How do you know if you have a sleep disorder?

**70 million Americans suffer from some type of sleep disorder.**

A sleep disorder is any condition that interrupts normal sleep-wake patterns. Sleep disorders occur in men and women of all ages as well as children. Often detected by a spouse or partner, sleep disorder symptoms include:



Difficulty falling or staying asleep



Snoring



Irritability or anxiety



Lack of concentration



Depression



Strong desire to nap during the day

Statistics show patients with a sleep disorder have increased risks of getting into a motor vehicle accident and are considered just as dangerous as alcohol-impaired drivers.

Lack of sleep can do more than hinder your day-to-day functioning; it can also impact your health in the following ways:

- Diabetes
- Heart Disease
- High Blood Pressure
- Stroke
- Memory loss
- Weakened immune system
- Weight fluctuation

### ST. JOSEPH SLEEP DISORDERS CENTER OAKLAND

3100 Cross Creek Pkwy, Auburn Hills, Mi 48326

If you suspect you or your partner may have a sleep disorder, call the St. Joe's Sleep Center at **(248) 371-1726**.



ST. JOSEPH MERCY  
OAKLAND  
SAINT JOSEPH MERCY HEALTH SYSTEM

## Sleep Disorders Center

*A guide for those with sleep disorders*



For additional information, please visit [stjoeshealth.org](http://stjoeshealth.org).



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## Sleep Disorder Center

The St. Joseph Mercy Oakland's (SJMO) Sleep Disorder Center is accredited by the American Academy of Sleep Medicine. The Center offers a comprehensive program for the diagnosis and treatment of sleep disorders. As a referral source for surgical, dental and behavioral medicine intervention, the Center offers state-of-the-art diagnostic equipment and highly qualified health care professionals to help you with your sleep concern.

Sleep disorders are on the rise. Sleep loss has a significant effect on the quality of your life and virtually all of your organ systems. You don't need to suffer with poor quality sleep or daytime sleepiness. The first step toward a better night's sleep is a comprehensive evaluation by a sleep disorders specialist. A physician will work with you to uncover the cause of your sleep problems and tailor the treatment that is best suited for you and your lifestyle.

The center is conveniently located near I-75 and University Drive and provides the following services for sleep disorders:

- Outpatient Consultation
- Polysomnography
- Multiple Sleep Latency Testing
- Maintenance of Wakefulness Testing
- CPAP Therapy
- Home Sleep Testing

The Sleep Disorders Center also provides the following treatment for sleep disorders:

- Circadian Rhythm Disorders
- Insomnia
- Narcolepsy
- Parasomnias
- Restless Leg Syndrome
- Sleep Apnea

The Sleep Disorders Center has a complete panel of physicians to manage sleep disorders. The panel consists of a medical director who is board certified by the American Board of Sleep Medicine as well as affiliated physicians in the following specialties:

- Pulmonary Medicine
- Ear, Nose and Throat Surgery
- Oral Maxillofacial Surgery
- Neurology
- Behavioral Medicine

## How are patients evaluated at the Sleep Disorder Center?

After a comprehensive history and physical exam is conducted, a sleep specialist will determine if a sleep study is necessary. The sleep study may be performed either in a laboratory setting or in your home.

Once a diagnosis is determined, our sleep physician will work with your referring physician to prescribe the treatment that is right for you.

**Home sleep apnea testing is convenient and affordable, and is covered by most insurance plans. After hours appointments are available.**

## Department of Transportation (D.O.T) Compliance and Safety Solutions

St. Joe's Sleep Disorders Center contributes to the safety and compliance of the transportation industry by assisting professionals with their qualification needs through education, evaluation and treatment of sleep disorders.

## Sleep Disorder Quiz



Check questions that apply to you:

- Do you feel tired during the day?
- Do you suffer from morning headaches?
- Do you often feel irritable and unhappy?
- Has anyone told you that you snore or stop breathing while sleeping?
- Have you lost interest in things you used to enjoy?
- Do you have uncontrollable urges to fall asleep at inappropriate times?
- Do you suffer from twitches and crawling sensations in your legs?
- Do you wake up short of breath or gasping?
- Are you twenty pounds overweight?
- Do you experience night sweats?

If you checked any of these, you may have a sleep disorder that requires a physician's attention. Contact us to schedule a consultation with one of our board-certified sleep physicians. You may also visit our website to complete our free sleep screening questionnaires.

**For a better night's sleep contact:**

**St. Joseph Mercy Oakland  
Sleep Disorder Center  
(248) 371-1726**

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