

The Center for Sleep Medicine at Mountainside Hospital

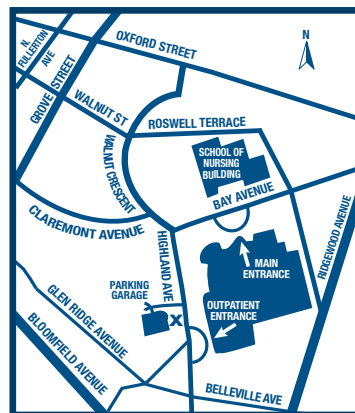
The Center for Sleep Medicine at Mountainside Hospital is located in the hospital and is accredited by the American Academy of Sleep Medicine. We combine the latest generation sleep diagnostic technology with the comforts of a hotel, including cable television, recliners and private bathrooms. With an evening snack and breakfast provided, all efforts are made to ensure that your experience is comfortable. We provide an environment where patients undergo the highest quality and most accurate sleep studies available. Our board-certified sleep specialist will evaluate your condition and develop tailored treatment plans to help you get the sleep you need to live a full and active life.

For more information, contact The Center for Sleep Medicine at Mountainside Hospital at **973-429-6858**.

Most insurances are accepted.

Make an Appointment

For more information contact The Center for Sleep Medicine at Mountainside Hospital at **973-429-6858**.



X is free parking

At Mountainside Hospital, world-class physicians treat a wide range of medical conditions using cutting-edge technologies. Patients have immediate access to innovative and effective treatment alternatives at specialized centers within the hospital that focus on women's health, cancer care, cardiac care, bariatric surgery, stroke, outpatient diagnostics, diabetes, dialysis and other needs.

Visit www.mountainsidehosp.com.

MOUNTAINSIDE
HOSPITAL

1 Bay Avenue • Montclair NJ 07042
973-429-6858



Why Can't I Sleep?

Quality of sleep affects quality of life

Tired of Being Tired?

Did you know that the average adult needs 7-8 hours of sleep each night for peak performance? Although each person's sleep needs differ, studies show that sleeping less than 7 hours a night on a regular basis may lead to serious health risks such as cardiovascular disease, stroke, diabetes and weight gain.



If you answer “yes” to any of these questions, we may be able to help.

- Do you fall asleep or feel sleepy during dinner, while entertaining friends, at work or driving?
- Do you snore?
- Do you gasp for air?
- Do you have morning headaches?
- Do you have trouble concentrating?
- Do you have difficulty falling asleep or staying asleep?
- Do you have a creepy, crawly, tingly or burning feeling in your legs at night?
- Do you wake up in the middle of the night with heartburn?
- Do you feel anxious or depressed at times?

Sleep Disorders

A sleep disorder can be any medical condition that interferes with your ability to sleep restfully on a consistent basis. There are over 80 sleep disorders, affecting more than 70 million Americans. Common sleep disorders include obstructive sleep apnea (OSA), narcolepsy, insomnia, periodic limb movement disorder (PLMD) and restless leg syndrome (RLS). The most common sleep disorder is obstructive sleep apnea.

Obstructive Sleep Apnea (OSA)

Obstructive sleep apnea, or simply “sleep apnea,” is a disorder in which breathing is briefly and repeatedly interrupted during sleep. The “apnea” in sleep apnea refers to a breathing pause that lasts at least ten seconds. OSA occurs when the muscles in the back of the throat fail to keep the airway fully open, despite efforts to breathe. When the body realizes this, it reacts by waking the person momentarily to take a breath and reopen the airway. This is what causes the gasping that bed partners recognize between bouts of snoring.

OSA is a serious, potentially life-threatening breathing disorder which affects an estimated 20 million Americans, making it equally as common as asthma and diabetes. Estimates suggest that up to 90% of individuals with sleep apnea go undiagnosed and untreated.

Cardiovascular disease, diabetes and stroke are all commonly known health concerns. OSA can play a major role in the development of these conditions.

Cardiovascular Disease

Cardiovascular disease is the number one cause of death in the US, killing nearly 900,000 people each year. Hypertension, commonly referred to as high blood pressure, is directly related to sleep apnea. The most recent studies prove that people who allow moderate to severe sleep apnea to continue untreated are 7 times more likely to die of cardiovascular complications such as heart attack. Treating a sleep disorder is an important part of heart health.

Stroke

Sleep apnea is also indicated in increased stroke risk. People with untreated sleep apnea run a 2-3 times greater risk of suffering from certain types of strokes than those who are treated. In addition, stroke victims have a tendency to develop sleep apnea as a direct result of the event. This becomes a vicious cycle with subsequent stroke risk increasing by 2-3 times because of the development of apnea. The best defense is to recognize the signs of sleep apnea and discuss them with your doctor.

Diabetes

Sleep apnea is associated with hypoxemia, which is a lowering of oxygen pressure in the arteries. When this occurs, the insulin resistance associated with type II diabetes develops in many people. The International Diabetes Federation (IDF) Task Force on Epidemiology and Prevention suggests that approximately 40% of type II diabetics also suffer from sleep apnea. When treating the cause of the hypoxemia through the use of positive airway pressure therapies, many people see a marked improvement in insulin sensitivity.

