

NOCTURNA

State of the art sleep care



Sleep better, live longer.SM

A **Graymark** Healthcare Company

The NOCTURNA Experience

Nocturna Sleep Care centers are the premier sleep diagnostic and treatment facilities in the central United States.

- We promise the highest quality of healthcare and are committed to improving your health and quality of life.
- Our facilities and technology are state-of-the-art.
- Our total care program makes certain that you have the best treatment possible from diagnosis through treatment and ongoing care.

Prior to your study, you can meet and talk with our clinical medical director and staff. We will answer your questions and explain the sleep study. If you are diagnosed with a sleep disorder, we will go over treatment options and care.

What to expect at a sleep study

When you arrive at our sleep center, you are welcomed by our highly qualified technicians and shown to your comfortable bedroom. The sleep study process will be explained and you will have an opportunity to ask questions. Before the study starts, you will be guided through every step so you are comfortable with the process and your surroundings.

As you enter sleep, we will monitor you with our state of the art equipment. A sleep specialist will observe your sleep patterns, brain waves, eye movements, breathing, oxygen levels, heart rate, muscle activity, and more with leads attached to your body. While sleeping with multiple sensors might seem difficult, most patients find they fall asleep very easily. You can enjoy a continental breakfast in the morning

Enjoy a peaceful night's rest

You can relax and enjoy your overnight stay in a stylish and luxurious room. All of our oversized fully furnished hotel-style bedrooms feature:

- Queen size, luxury bed with pillow top mattress
- 300+ thread count sheets
- Remote controlled ceiling fan
- Remote controlled TV/DVD/VCR with cable

If a sleep disorder is discovered, we will work with your referring physician to provide ongoing treatment and support.

Our goal is to help you...

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A sleep disorder is more than just feeling tired

- Most people who have sleep apnea, don't know they have it because it only occurs during sleep and it often goes undiagnosed.
- Sleep apnea is a condition where the airway collapses during sleep causing pauses in breathing or shallow breath.
- Sleep apnea can't be detected in a routine office visit and there are no blood tests for the condition. This is why a sleep study may be ordered by your physician.
- More than half of the people who have this condition are overweight.
- There are serious health conditions related to sleep apnea.
- Treatment for sleep disorders usually improves your overall health and happiness as well as your quality of sleep.
- If you are concerned about the quality of your sleep, or feeling tired most days, talk with your doctor about whether it would be helpful to have a sleep study.

The good news is
most people who suffer from
sleep disorders can be treated
and enjoy immediate results!



Are you one of the millions of people who suffer from a sleep disorder?

Take this quiz to find out!

Answer the questions below by considering how likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired.

Scoring:

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Situation	Frequency
Sitting & Reading	0 1 2 3
Watching Television	0 1 2 3
Sitting inactive in a public place	0 1 2 3
As a passenger in a car for an hour without a break	0 1 2 3
Lying down to rest in the afternoon when possible	0 1 2 3
Sitting and talking to someone	0 1 2 3
Sitting quietly after a lunch without alcohol	0 1 2 3
In a car, while stopped for a few minutes in traffic	0 1 2 3

TOTAL: _____

If you score nine or higher, please give this to your physician to discuss various treatment options.



All Nocturna Centers are accredited by ACHC/Joint Commission