

**Sleep Questionnaire**

Height (in.) \_\_\_\_\_ ÷ weight (lbs.) \_\_\_\_\_ = \_\_\_\_\_

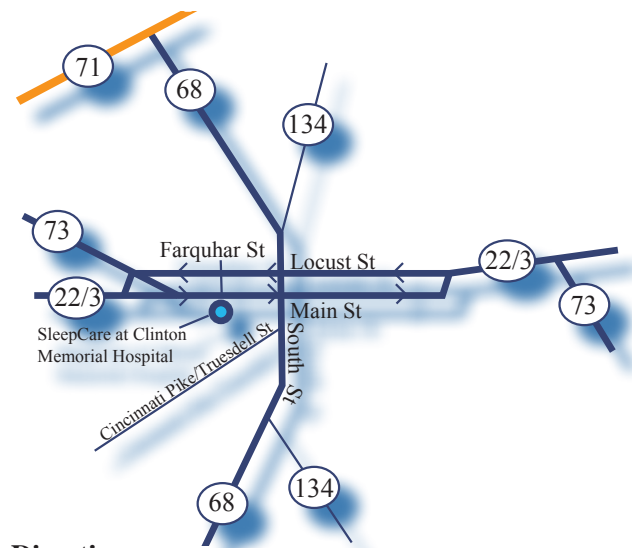
- 1. Is your answer above less than .4?  yes  no
  - 2. When you wake, do you often feel tired or fatigued?  yes  no
  - 3. During your wake time, do you often feel tired, fatigued or not up to par?  yes  no
  - 4. In a given week, is it common for you to fall asleep while driving?  yes  no
  - 5. Do you have high blood pressure?  yes  no  not sure
  - 6. Do you have a history of heart disease or stroke?  yes  no
  - 7. Do you snore:  yes  no  not sure
- If yes:
- 8. Do you snore multiple nights per week?  yes  no
  - 9. Has your snoring ever bothered other people?  yes  no
  - 10. Has anyone ever noticed that you quit breathing during your sleep?  yes  no

If you answered yes to four or more questions you have a high likelihood of a sleep disorder. Consult your physician or call the Sleep Laboratory to find out how we can help.

**SleepCare at Clinton Memorial Hospital**

Our comfortable patient rooms and friendly knowledgeable staff are sure to make the patient's stay enjoyable. Our facility is on the cutting edge of sleep technology, and our accreditation by the American Academy of Sleep Medicine ensures that we are meeting or exceeding industry standards.

For more information call us at (937) 283-8940



**Directions**

Clinton Memorial Hospital  
 610 West Main Street  
 Wilmington, Ohio 45177  
 phone: (937) 283-8940  
 fax: (937) 382-2502

**SleepCare at Clinton Memorial Hospital** is located approximately one mile west of downtown Wilmington on W Main St (Route 22/3). Coming from east of CMH take Locust St (one way west) and turn left on Faquhar St. Proceed straight at first light into CMH campus.



SleepCare at Clinton Memorial Hospital  
 Wilmington, Ohio



Accredited by the American Academy of Sleep Medicine

## Welcome to SleepCare at Clinton Memorial

SleepCare offers consultation and follow-up services with a board-certified sleep physician, as well as CPAP/BiPAP titrations, polysomnograms, split-night studies, maintenance of wakefulness tests and multiple sleep latency tests.

Our Wilmington facility is accredited by the American Academy of Sleep Medicine and employs technical staff that includes respiratory therapists and registered polysomnographic technologists.

The SleepCare has developed a cutting-edge follow-up program called Enhanced Outcomes. We record patient demographics, sleepiness and quality of life at baseline and track them throughout treatment. This allows us to determine if the patient is seeing the appropriate outcome from their treatment. We then pass this report on to the referring physician so that he or she can view the overall effect of the sleep medicine process.

### Why Use SleepCare at CMH?

- Accredited by the American Academy of Sleep Medicine.
- Safe, climate and sound controlled facility.
- Rooms feature full-size beds, recliners, TV, DVD and private showers.
- Most insurances accepted.
- Excellent customer service.
- Prompt sleep lab testing with fast, accurate results.
- Convenient hours.

## What is a Sleep Study?

A sleep study is a medical test performed while the patient sleeps and is used to evaluate and diagnose a sleep disorder. Sleep studies are safe and noninvasive procedures that provide valuable information to physicians and are a covered benefit under most insurance plans. Our staff will contact the insurance company and arrange for payment.

Sleep studies are outpatient tests done in a private room with a television. The process will begin with some paperwork and health questionnaires that aid in diagnosis and treatment. After the paperwork is completed, the patient will be asked to change into sleep attire.

Before the sleep study begins, the sleep technician will apply several monitors to the body that record information while you sleep. The setup includes 22 sensors applied to the head, face, shoulders, chest and legs and record brain activity, breathing, heart rate, blood-oxygen levels and chin, eye and leg movements. This setup is painless and patients may watch television or read during the procedure.

Results of the sleep study will be reviewed with the patient by a sleep specialist or referring physician. If there any question regarding the sleep study, please call us and we will be happy to assist.

**For more information on sleeping disorders and treatments visit:**

[www.SleepCare.com](http://www.SleepCare.com)

## Common Symptoms of Sleeping Disorders

- Severe snoring
- Arousals with gasping for air
- Daytime sleepiness
- Irritability
- Memory problems
- Restless sleep
- Headaches
- Dry throat upon awakening
- Chest pain
- Shortness of breath

### Common Disorders and Treatment

SleepCare at CMH is able to diagnose a variety of sleeping disorders including; sleep apnea, narcolepsy, insomnia and restless leg syndrome. Sleep apnea is a frequently occurring disorder involving the collapse of the airway during sleep, causing snoring and cessation of breathing. Sleep apnea can contribute to a number of serious health risks such as hypertension, obesity, heart attack, diabetes and stroke.

The common treatment for sleep apnea is the Continuous Positive Airway Pressure machine (CPAP). It assists its user in normal, unobstructed breathing, eliminating snoring and waking throughout the night.



Normal Breathing



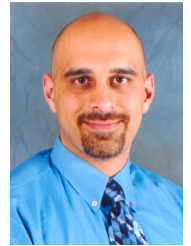
Obstructive Sleep Apnea

## Our Physicians

Our sleep specialists bring years of experience in the field of sleep and pulmonary medicine to the CMH Sleep Center. Both physicians are certified by the American Board of Sleep Medicine.



Mustafa Quadri, MD,  
FCCP, Diplomate ABSM



Aamir Malik,  
MD, FCCP

### Physician Scheduling Options

SleepCare is an open lab, allowing physicians to choose which services are needed for their patients. Physicians may either send patients for a consultation with our sleep specialists, where our specialist will order the appropriate study and follow up with the patient; or physicians may send the patient directly for a sleep study, having the option to follow up with the patient themselves.

To make an appointment for a sleep consultation or sleep study, please call 1-866-351-6563 or fax the following information to SleepCare at 1-866-351-6799:

1. Patient History
2. Sleep Study Request Form
3. Patient Demographics and Insurance Info