

The Sleep Center is located near the Irwin Rehabilitation Center and Champion Orthopedics & Sports Medicine at Charles Cole Memorial Hospital.

Please use the west entrance from Route 6 and turn right at the second driveway. There is ample parking adjacent to the building. The Sleep Center is marked by signage.

**For sleep study scheduling,
call 814/260-5560**

If you have questions about your appointment, please call 814/260-5560 or 814/274-8200



1001 EAST SECOND ST., U.S. ROUTE 6
COUDERSPORT, PA 16915
814/274-9300
WWW.CHARLESCOLEHOSPITAL.COM

The Sleep Center



*Diagnosis and Treatment
Of Sleep Disorders*



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Welcome to the Sleep Center at Charles Cole Memorial Hospital

Most of us take a good night's sleep for granted. But it is estimated that nearly one third of all American adults suffer from some form of sleep disorder or disturbance. While many disturbances are minor, some, such as sleep apnea, chronic insomnia and narcolepsy, can cause serious health effects. Fortunately, most sleep disorders are treatable once they're diagnosed. At Charles Cole Memorial Hospital's Sleep Center, we are committed to providing first class sleep diagnostics and treatment.

Your Treatment Team

The Sleep Center at Charles Cole Memorial Hospital offers patients personalized care from a team of experts. Your personal physician refers you to the Sleep Center and is a valuable member of the team throughout the process.

What To Expect

Patients generally arrive in the evening to begin their overnight sleep studies. You should bring pajamas or nightgown, robe and slippers and your toiletries. Each home-like room is equipped with a regular bed, television/DVD player and has a private bathroom. Once you are

comfortable, the technician will explain the sleep study procedure. The sleep study, which is called a polysomnogram, is performed throughout the night. Your room is equipped with sophisticated equipment for monitoring sleep patterns, breathing, heart activity and body movements. Sleep patterns will be monitored from a separate control room throughout the night. We make every effort to maintain your regular sleep routine and make you as comfortable as possible. When you awaken, you will be able to prepare for the day ahead.

Common Sleep Disorders

Snoring & Sleep Apnea

Excessive snoring is often a sign of a serious medical disorder called sleep apnea. People with sleep apnea stop breathing periodically during sleep. These episodes occur repeatedly and can last up to 90 seconds. The effects of apnea can include excessive daytime sleepiness, fatigue, personality changes, headaches, hypertension, cardiovascular disease, stroke, diabetes, depression and even death. Sleep apnea is treatable once it is diagnosed.

Insomnia

Insomnia is the inability to fall or stay asleep. While any degree of insomnia can lead to problems, it is the most serious when it becomes chronic.

Restless Legs Syndrome

Patients with Restless Legs Syndrome (RLS) describe unpleasant sensations in the legs such as tingling, creeping and crawling. These symptoms worsen during relaxation, thereby making falling asleep more difficult. Treatments in the form of medication, physical therapies and sleep hygiene can help alleviate symptoms.

Narcolepsy

Narcolepsy is a neurological disorder characterized by sudden and uncontrollable sleep attacks and persistent daytime sleepiness despite any amount of sleep. Treatment involves a combination of medication, educational support and personal care.

Comprehensive Testing

The Sleep Center offers an exceptionally private, safe, comfortable, quiet and patient-friendly atmosphere with state-of-the-art diagnostic software and hardware.

Services offered include:

- Polysomnography
- Titration of pressure therapy (CPAP or BiPAP)
- Expanded PSG (seizure montages)
- Multiple Sleep Latency Testing (MSLT)
- Maintenance of Wakefulness Testing (MWT)
- Actigraphy (circadian rhythm analysis)
- Follow up sleep consultations and education

Will Insurance Cover It?

Sleep diagnostic and treatment programs are covered by most health insurance programs when you are referred by your personal physician.