

## Sleep Medicine is a Department of Grace Hospital

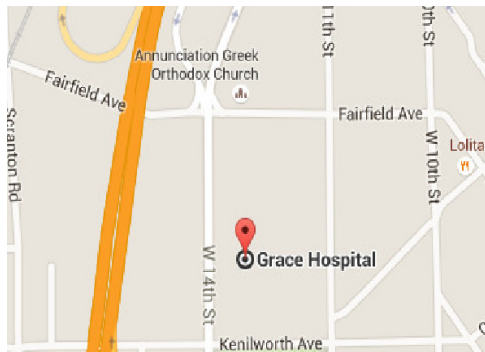
**HOURS OF OPERATION:** During the day-time for assistance: Monday thru Friday/ 8:00 a.m.—4:30 p.m. (Voicemail available)

**SCHEDULING OF TESTING: DIAGNOSTIC (OVERNIGHT) SLEEP STUDY:**

Requires the person scheduled to be present from 8:00 p.m. until 6:00 a.m. the following morning.

**CONSULT YOUR PHYSICIAN OR NURSE PRACTITIONER**

If you feel you may need a sleep study, discuss it with your physician, nurse practitioner, or respiratory therapist. If it is determined that you need a sleep study, your medical professional can contact the Grace Hospital scheduling office at 216-687-4098 to make an appointment and send an order. Doctors may send patients for a sleep medicine consultation; or, to directly refer for a sleep study, request our “Physician Referral Form.”



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## Grace Outpatient Services

### SLEEP MEDICINE



Specializing in the diagnosis and treatment of sleep disorders.

 **THE GRACE CENTER**

## Sleeping Disorders

**SLEEPING DISORDERS** are common and increasing everyday in the United States. Many times, sleep disorders are not recognized by the people who suffer from them, but the dangers are very real.

Sleep disorders are increasingly becoming the most frequent reason for automobile accidents in the U.S., and, if left untreated, cause health related problems including heart attacks, strokes, and congestive heart failure, and can contribute to the severity of other diseases. The Grace Hospital Sleep Medicine Program specializes in the disorders that affect your sleep and can diagnose sleep problems to help avoid health issues that sleep deprivation can cause.

**SYMPTOMS** include:

- Daytime Sleepiness
- Snoring
- Morning Headaches
- Insomnia
- Restless Legs
- Overactive nighttime activities



## Common Sleep Disorders

### **OBSTRUCTIVE SLEEP APNEA**

One of the most common sleep disorders that people have today. The tissues and muscle that are in a person's upper airway cause obstructive sleep apnea. The excessive tissues or muscles of the airway relax and fall back closing off the airway and breathing for 10-90 seconds at a time. As the airway relaxes during the night, it becomes difficult to have a deep restful sleep.

### **INSOMNIA**

Difficulty falling asleep and staying asleep. Can be caused by stress, excitement about an upcoming event, or worry. Should not be a long-term problem. People who experience insomnia frequently may have another problem causing the insomnia events. Insomnia can be caused by other sleep disorders.

### **NARCOLEPSY**

Can be hereditary. Most common in people between the ages of 18-30. Symptoms include: excessive sleepiness, hallucinations just before and after sleep, muscle weakness or sometimes paralysis with increased emotional events, inability to move for several minutes after waking up. Treatable with medications.

### **PARASOMNIAS**

Includes sleepwalking, nighttime arousals or even acting out your dreams. Common in adolescents and teenagers. May occur in adults, however, if present could indicate a more serious problem that should be treated.

### **SHIFT WORK DISORDER**

Common in many people that work a night or change work shifts frequently. Involves symptoms of insomnia and tiredness. Triggered by the body not being able to have a regular sleep cycle.

## Types of Sleep Disorder Studies

### **GENERAL (DIAGNOSTIC-OVERNIGHT) SLEEP STUDY**

Primary type of sleep study that is used to test for several types of sleep disorders. Also used to diagnose sleep-related breathing disorders such as sleep apnea.

### **MSLT (NAP) STUDY**

Used to diagnose the sleep disorder called narcolepsy. It can also be used to determine how sleepy a person is during the daytime. This sleep study usually precedes an overnight sleep study.

### **CPAP/BIPAP TITRATION SLEEP STUDY**

Used to adjust the settings on the equipment used to treat sleep apnea. An overnight study in most cases.

### **MWT (MAINTENANCE OF WAKEFULNESS) STUDY**

Primarily used by the Department of Transportation to insure that certain individuals who have had sleep problems are able to be allowed to drive during the day. Test measures the ability of a person to stay awake and alert during the day.



### **In Lab Sleep Study**

*A PSG, or sleep study, is the most accurate and objective method for evaluating sleep and establishing a diagnosis.*

**We also offer home sleep testing in the appropriate individual.**