

Our Mission

The mission of The Sleep Center at Nacogdoches Medical Center Plaza is to provide comprehensive diagnosis and treatment of sleep disorders to the people of Nacogdoches and the surrounding communities while maintaining the highest standards of care.

Currently these services include nocturnal polysomnography (NPSG), CPAP Titrations, Mean Sleep Latency Tests (MSLT's) and follow-up all under the direction of your physician. Also included are ancillary services provided by the hospital.



 **The Sleep Center**
AT NACOGDOCHES MEDICAL CENTER PLAZA

(936) 568-3369

**Nacogdoches
Medical Center Plaza**
Tenet Texas
4632 N.E. Stallings Drive
Nacogdoches, TX 75965

 **The Sleep Center**
AT NACOGDOCHES MEDICAL CENTER PLAZA



*Where a good
night's sleep may be just
a phone call away.*

You're not alone... A night in the Center

For the approximate one-third of Americans who suffer from some type of sleep disorder, the peaceful slumber of a good night's sleep is an illusive dream. Whether it's difficulty falling asleep, staying asleep, or being excessively sleepy during the day, The Sleep Center at Nacogdoches Medical Center Plaza offers confidential diagnosis and treatment of a broad range of sleep/wake disorders including:

- Snoring
- Obstructive Sleep Apnea Syndrome
- Insomnia
- Narcolepsy
- Restless Legs Syndrome
- Periodic limb movement in sleep
- Circadian-rhythm disorders

A physician referral is all that is needed to set up a sleep study. Based on the initial testing, your physician may recommend further studies. Sleep studies are one of the most effective tools used in the diagnosis of sleep/wake disorders.

During a sleep study, you will sleep overnight in a comfortable bedroom. Our professional staff will place a number of painless electrodes on your body to monitor your brain waves, eye and limb movements, heart rate, breathing and snoring. We will also monitor the level of

oxygen in your blood as well as the actual movements of your chest and abdomen during sleep. Every effort is made to make you as comfortable as possible.

Once a diagnosis is made, your physician will discuss various treatment options with you. These may include behavioral therapy, medication and use of medical devices or surgery.

The specialists at The Sleep Center work closely with the patient, family, referring physicians and other specialists throughout the diagnosis and treatment process.

The Sleep Center at Nacogdoches Medical Center Plaza features advanced technology and a wide range of diagnostic capabilities. Contact your physician or call (936) 568-3369 for more information on sleep disorders. **To schedule sleep studies, call (936) 568-3450.**

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Take the sleep quiz

THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

SITUATION	CHANGE OF DOZING SCORE 0 - 3
Sitting and reading	<input type="radio"/>
Watching TV	<input type="radio"/>
Sitting inactive in a public place (e.g. a theatre or meeting)	<input type="radio"/>
As a passenger in a car for an hour without a break	<input type="radio"/>
Lying down to rest in the afternoon when circumstances permit	<input type="radio"/>
Sitting and talking to someone	<input type="radio"/>
Sitting quietly after a lunch without alcohol	<input type="radio"/>
In a car, while stopping for a few minutes in the traffic	<input type="radio"/>
TOTAL	_____

The higher the score, the greater the chance of diagnosis of obstructed sleep apnea.

This test is not a substitute for professional medical diagnosis and treatment management – if you have any concerns regarding your health, do seek professional medical advice. If you need a doctor, call our physician referral line at (936) 568-3289.