



# Sleep Better

If you're having difficulty falling asleep, staying asleep, or if you feel tired most days, you may be one of an estimated 70 million Americans with a sleep disorder. The HonorHealth Sleep Health Center can help with diagnosis and treatment options so you can sleep better.

Getting a good night's sleep is important to your health. If you suffer from a sleep disorder, you're more likely to suffer from high blood pressure, heart disease, diabetes, depression and obesity. You can also have increased likelihood for daytime accidents because of drowsiness or inability to focus.



**HONORHEALTH®**  
Sleep Health Center

## Find Answers

A sleep study can determine if your health is at risk because of a sleep disorder. The HonorHealth Sleep Health Center offers monitored sleep studies by medical professionals to diagnose and treat common conditions, like:

- Sleep apnea and other breathing disorders.
- Narcolepsy.
- Snoring.
- Restless leg syndrome.
- Insomnia.
- Abnormal heart rhythms.

During a sleep study, you'll rest in a comfortable bed in your own quiet, private room. Sleep technologists will remotely monitor your brain waves, breathing patterns, eye movement, blood oxygen levels or leg movements. After your test is complete, a sleep medicine doctor will analyze your results and provide information to the doctor who ordered your test.

Most studies are covered by insurance, but you should check with your insurer. For help with a referral, call the Sleep Health Center at 480-323-3200.

## Do you have a sleep disorder?

Consider sleep disorder testing if you answer yes to any of the statements below:

	Yes	No
Is your sleep restless and unrefreshing?	<input type="checkbox"/>	<input type="checkbox"/>
Do you fall asleep at inappropriate times during the day?	<input type="checkbox"/>	<input type="checkbox"/>
Does your bed partner say you snore loudly, gasp, make choking sounds or stop breathing?	<input type="checkbox"/>	<input type="checkbox"/>
Do you frequently wake up with a dry mouth?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often struggle to remain alert during the day?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever fallen asleep while driving, even for a second?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have creeping, tingling or crawling feelings in your legs or arms that are relieved by moving or massaging them, especially in the evening when you're trying to fall asleep?	<input type="checkbox"/>	<input type="checkbox"/>
Does it consistently take more than 30 minutes each night to fall asleep?	<input type="checkbox"/>	<input type="checkbox"/>

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For more information or to schedule an appointment please call **480-323-3200** or visit **HonorHealth.com/sleep**.