

***Is Your
Health at Risk
Because of a Sleep
Disorder?***

***Find Out What's Standing Between
You and a Good Night's Sleep***



CLINICAL

*expertise
you require*

QUALITY

*you've come
to expect*

NOW AVAILABLE

*at nine (9)
Chicagoland locations*



Sleep disorders deprive 2 out of 4 Americans of a good night's sleep. More than 100 different disorders limit quality of life and may increase your risk for serious medical conditions including:

- Heart disease
- Stroke
- High blood pressure
- Difficulty losing weight
- Depression
- Diabetes
- Weight gain

Living with a sleep disorder can interfere with your performance at home, school or work and can even affect your relationships with family and friends. In most cases, sleep disorders can be easily managed once they are properly diagnosed.

Do You Have a Sleep Disorder?

It is important to know the signs of a sleep disorder and discuss your symptoms with a physician. You may have a sleep disorder if you answer yes to any of the following questions:

- Do you snore?
- Do you feel excessively tired during the day?
- Do you fall asleep while watching TV, reading, riding in or driving a car?
- Do you have frequent awakenings at night?
- Do you wake up with a headache?
- Are you overweight?
- Do you have any of the medical conditions mentioned above?

Common Sleep Disorders

- **Obstructive Sleep Apnea (OSA)** - snoring and brief interruptions of breathing during sleep.
- **Restless Leg Syndrome** - creepy crawling feeling and an irresistible urge to move your legs when at rest.
- **Narcolepsy** - excessive daytime sleepiness and a tendency to fall asleep at inappropriate times.
- **Insomnia** - difficulty falling and/or staying asleep.
- **Parasomnia** - movement such as sleepwalking or problems with your internal clock caused by environmental conditions, such as shift work changes.

What is a Sleep Study?

Once your physician determines you need a sleep study, you will be scheduled to stay overnight at a Merit Sleep Center. You will have your own private suite, similar to a hotel room, with an attached bathroom, queen-size bed, TV and all the amenities you need for a comfortable night's sleep.

After the study, a physician who is a Sleep Specialist will review the results and make appropriate recommendations to your physician.



Treatment Options

Treatment options depend on the type of sleep disorder diagnosed. You and your physician can work together to determine what treatment that is right for you. Common treatment options include:

- **CPAP** - continuous positive airway pressure (CPAP) delivers pressurized room air through a nasal mask to keep the airway open and prevent it from collapsing during sleep.
- **Dental** - custom-made dental appliances reposition the lower jaw and tongue, allowing the free flow of air.
- **Surgical** - removal of tonsils, adenoids, nasal polyps and structural deformities.
- **Pharmaceutical Options** - prescriptions to manage sleep disorders
- **Sleep Hygiene** - a sleep routine you follow every night
- **Health & Wellness** - weight loss, exercise and nutritional counseling
- **Behavioral Counseling** - strategies to help you overcome a sleep disorder

Redefining Quality Care

The Merit Sleep Center Network consists of nine (9) Chicagoland locations, built and operated to meet the standards of the American Academy of Sleep Medicine, that provide high quality sleep disorder testing to adult, adolescent and pediatric patients.

Merit Centers for Sleep Health Locations:

Merit Center for Sleep Health of [Arlington Heights](#)

Merit Center for Sleep Health of [Chicago Lakeshore](#)

Merit Center for Sleep Health of [Elmhurst](#)

Merit Center for Sleep Health of [Lombard](#)

Merit Center for Sleep Health of [Oak Park](#)

Merit Center for Sleep Health of [St. Charles](#)

Merit Center for Sleep Health of [Streamwood](#)
(Dedicated Adolescent & Pediatric Sleep Center)

[Naperville](#) Center for Sleep Health
(Managed by Merit Sleep Management)

St. Alexis Center for Sleep Health of [Hoffman Estates](#)
(Managed by Merit Sleep Management)

Merit Center for Sleep Health of [Prairie Stone](#)
(Opening Summer 2008)

Many other locations coming soon!



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If you suspect you or your child has a sleep disorder, contact us at **888-637-4848** for more information or fax referrals to **(630) 652-7946**.

www.meritsleep.com