

SLEEP DISORDER CENTER



Sleep Apnea Quiz:

Ask your spouse, friend or a family member to help you answer these questions.

Yes or No (Check one for each question.)

- Do you usually snore loudly?
- Is your snoring interrupted by silence followed by a gasp or snort?
- Do you ever fall asleep or almost fall asleep while driving, at work, or during other waking hours?
- Do you regularly have trouble concentrating or remembering?
- Are you experiencing mood or behavior changes?
- Do you often wake up with a headache?

This quiz is not a substitute for proper diagnosis by a qualified healthcare provider.

If you answered yes to any question, take this form to your healthcare provider. Your symptoms may be from sleep apnea or some other problem. Medical attention is important. South Texas Regional Medical Center is prepared to deliver the medical care you need, close to home – where you need it most.

To learn more about the services offered at our Sleep Disorder Center or to schedule a tour, please contact us at:
Toll-Free: 1-866-575-3372
Local: 830-569-6000
Fax: 830-569-6010

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Will my insurance cover a sleep study?

Most insurance plans will cover sleep studies and treatment. We can verify coverage with your insurance plan.

Common Sleep Disorders Include:

Sleep Apnea – when a person stops breathing and then starts again many times a night

Narcolepsy – when a person falls asleep suddenly many times a day

Chronic Insomnia – when a person has trouble falling asleep or staying asleep night after night

Restless Legs Syndrome (RLS) – when a person loses sleep because of a restless feeling in the legs



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What is a sleep disorder?

Sleep disorders are conditions that make it hard for people to sleep at night – or stay awake during the day. Millions of Americans have chronic sleep disorders. Sleep restores our bodies and minds and without it, we suffer. People who have sleep disorders may experience:

- Fatigue
- Irritability
- Depression, personality changes, mood swings
- Reduced attention, concentration and memory
- Frequent illnesses
- Lost productivity
- Workplace mishaps or car crashes
- Weight gain

Why is diagnosing a sleep disorder critical?

Proper diagnosis of a sleep disorder is the first step towards the development of a physician-directed medical treatment plan which can improve and restore a patient's quality of life.

Treatment helps in the prevention of other medical complications which commonly develop as a result of the excess strain put on one's body when suffering from a sleep disorder.

Treatment can help the person sleep better, have more energy, enjoy better health and get more out of life.

Proper Diagnosis

At STR's Sleep Disorder Center, patients undergo a thorough sleep study conducted in a private and secure bedroom-like setting, equipped with comprehensive diagnostic equipment.

During the night's stay, trained clinical professionals carefully monitor a patient's heart rate, breathing patterns and brainwave activity while asleep. Upon concluding the study, a patient's physician receives a detailed report of the study's findings. These findings allow a physician to initiate an individualized treatment plan for the patient to begin their recovery.

The Dangers of Sleep Apnea

Sleep apnea is a medical disorder that causes a person to stop breathing for periods of time during sleep. Breathing stops repeatedly throughout the course of the night. These interruptions can happen dozens to hundreds of times a night. Each time, the person stops breathing for 10 seconds or more, then suddenly gasps for air. Between each gasp and the next time breathing stops, the person almost always snores loudly.

Deep sleep is vital to good physical and mental health. But people with sleep apnea often do not reach deep sleep.

Sleep apnea is a serious health risk. Sleep apnea can be linked to other serious health problems. Left untreated, a person with sleep apnea may be more likely to have:

- High blood pressure
- Heart problems
- Strokes