Getting Help

The St. David’s Center for Sleep Medicine provides a comprehensive approach to the diagnosis and treatment of sleep disorders. The secure home-like environment was designed to help patients feel as safe and comfortable as possible. Registered technologists and therapists use the most advanced state-of-the-art equipment to monitor each patient’s sleep patterns. Testing is covered by most medical plans. Individuals should check with their provider for specific coverage.

Your Sleep Study Experience

You will spend the night in a private room at St. David’s Center for Sleep Medicine for our team to monitor your sleep patterns using state-of-the-art technology. Our Registered technologists will attach monitoring devices, which will track your brainwaves, heart rate, oxygen levels, rapid eye movements and more. While you may think sleeping with these devices is difficult, most patients fall asleep very easily. The next morning, the technologist will unhook the monitoring devices, and you will be able to go to work and resume your daily activities.

Results and Treatment

A sleep technologist will score your sleep study and our sleep disorders physician will analyze the results. Your physician will have the results of your study within roughly 10 business days. If you have been seen in St. David’s Center for Sleep Medicine, our physician will review these results with you and discuss possible treatment.

Treatments for sleep disorders may involve simply learning to sleep in a different position, losing weight or wearing a mouthpiece at night. Learning better sleep habits can be the answer to many problems. Other treatments may include medication, wearing a nasal mask at night, or surgery.

The St. David’s Center for Sleep Medicine is accredited by The Joint Commission, and is committed to the highest quality of care for patients.

Our Medical Director

Dr. Terry Peery, Medical Director
As medical director of St. David's Center for Sleep Medicine at St. David’s Round Rock Medical Center, Dr. Terry Peery specializes in the diagnosis and treatment of sleep disorders. Dr. Peery is certified by the American Board of Psychiatry and Neurology. He graduated from the University of North Texas Health Science Center at Fort Worth and completed a fellowship in Epilepsy and Sleep Medicine at Duke University Medical Center.

Our Locations

The St. David’s Center for Sleep Medicine has two convenient locations to serve you – at St. David’s Round Rock Medical Center and Forest Creek Medical Center. Call 512-341-6166 for more information or to schedule your sleep study.
The Importance of Sleep

Sleep is vital to our well-being. Research shows that an adequate amount of quality sleep is essential for overall good health. Sleep disorders are often not taken seriously enough. Loud snoring and daytime fatigue may be warning signs of a sleep disorder. An undiagnosed sleep disorder could lead to an accident or may cause high blood pressure, which increases the risk of a heart attack or stroke. Loss of sex drive may also be a symptom of a sleep disorder.

Many other medical problems may impact sleep or may be affected by sleep disorders. If you have heart or lung disease and poor sleep, you should consider discussing your symptoms with your doctor and arranging for a comprehensive evaluation by a board-certified sleep physician.

Common Sleeping Disorders

Sleep Apnea and Snoring

Everyone snores occasionally. However, persistent snoring be a symptom of a more serious problem called sleep apnea. Sleep apnea causes interruptions in breathing during sleep and its sufferers waken frequently, though they may not be aware of it. Because their nights are so restless, they spend their days feeling tired, but they don’t know the reason why. Those with sleep apnea may snore loudly and choke as they struggle to breathe. Left untreated, sleep apnea can cause shortness of breath, chest pain and gasp as they struggle to breathe. Left untreated, sleep apnea can cause shortness of breath, chest pain and gasp as they struggle to breathe.

Narcolepsy

Narcolepsy is a condition marked by an uncontrollable desire for sleep, or sudden attacks of weakness or paralysis when falling asleep.

Insomnia

Insomnia is characterized by an inability to sleep and/or inability to remain asleep for a reasonable period.

Symptoms may include:

• Depression or stress.
• Disturbing thoughts while trying to sleep.
• Waking during the night and going back to sleep with difficulty.
• Lying awake for more than half an hour before falling asleep.

Parasomnias

These conditions are marked by involuntary muscle contractions of the legs or arms during sleep. Related symptoms and warning signs include:

• Vivid nightmares or hallucinations when falling asleep or waking up.
• Paralysis when falling asleep or awakening.
• Cataplexy is an episodic condition featuring loss of muscle function, ranging from slight weakness to complete body collapse.

Periodic limb movements (PLM) and "restless legs" syndrome

These conditions are marked by involuntary muscle contractions of the legs or arms during sleep.

Symptoms may include:

• Muscle tension in legs.
• Crawling sensations in legs.
• Kicking at night.
• Daytime sleepiness.

Parasomnias

The most common examples of parasomnias include:

• Sleepwalking or sleep talking.
• Severe nightmares/tremors.
• Sleep terrors.
• Movement disorder.
• Stress and depression.
• Teeth grinding.
• Bedwetting.

STOP-BANG Questionnaire

S: Do you SNORE loudly?  NO
T: Do you feel TIRED, fatigued or sleepy during the day?  NO
O: Has anyone OBSERVED you holding your breath in your sleep?  NO
P: Do you have or are you being treated for high blood PRESSURE?  NO
B: BODY Mass Index (BMI) more than 35 (see chart below)?  NO
A: AGE over 50 years old?  NO
N: NECK circumference greater than 40cm?  NO
G: GENDER male?  NO

If you answered Yes to 3 or MORE questions, you are at High Risk for OSA (Obstructive Sleep Apnea). Ask your physician about Sleep Disordered Breathing.