



Your Guide to Sleep Medicine

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.

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.

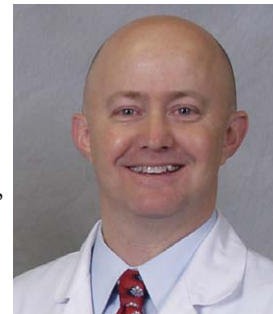
Results and Treatment

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

Our Medical Director

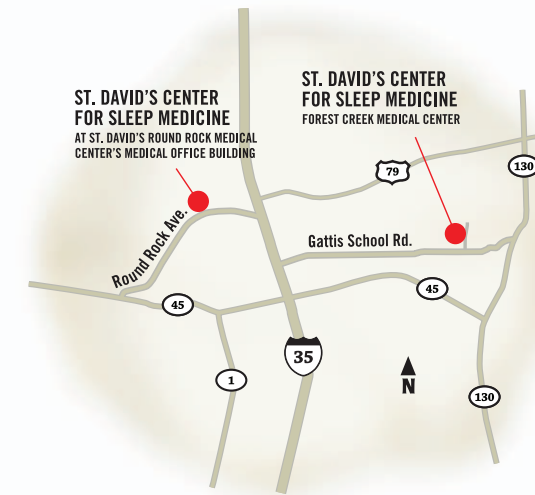
Dr. Terry Peery, Medical Director

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.



StDavid's CENTER FOR SLEEP MEDICINE

at St. David's Round Rock Medical Center

St. David's Round Rock Medical Center's
Medical Office Building
2300 Round Rock Avenue, Suite 204
Round Rock, Texas 78681

Forest Creek Medical Center
4112 Links Lane, Suite 104
Round Rock, Texas 78665

(512) 341-6166

StDavids.com



StDavid's CENTER FOR SLEEP MEDICINE

at St. David's Round Rock Medical Center

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 and gasp as they struggle to breathe. Left untreated, sleep apnea can cause shortness of breath, chest pain and can even lead to high blood pressure which can cause other serious health problems such as heart disease or stroke.



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.

Narcolepsy

Narcolepsy is a condition marked by an uncontrollable desire for sleep, or sudden attacks of weakness occurring during moments of strong emotions. 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

- A feeling of “going limp” when angry or surprised.
- Excessive daytime sleepiness (EDS).
- Disturbed or fragmented sleep.

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

		WEIGHT IN POUNDS							
HEIGHT	4'10"	120	124	129	134	139	143	167	191
	4'11"	124	129	133	137	143	148	173	198
	5'0"	128	133	138	143	149	153	179	204
	5'1"	132	137	143	148	153	158	185	211
	5'2"	136	142	147	153	158	164	191	218
	5'3"	141	147	153	156	163	169	197	225
	5'4"	145	151	157	163	168	174	204	233
	5'5"	150	153	162	168	174	180	210	240
	5'6"	155	161	167	173	179	185	216	248
	5'7"	159	166	172	178	185	191	223	255
	5'8"	164	171	177	187	190	197	230	263
	5'9"	169	176	183	189	196	203	237	270
	5'10"	174	181	188	195	202	209	249	278
	5'11"	179	186	193	200	208	215	250	286
	6'0"	184	191	199	206	213	221	258	294
	6'1"	190	197	204	212	219	227	268	303
6'2"	194	202	210	218	225	233	272	311	
6'3"	200	208	216	224	232	240	279	319	
6'4"	205	213	221	230	238	246	287	328	
	25	26	27	28	29	30	35	40	

BMI

Sleep is vital to your well-being.