Sleep is a Necessity, Not a Luxury!
Getting a good night’s rest is essential for good health. Sleep affects your daily life, your mood, your behavior, and your performance. Research has shown that too little sleep may result in daytime sleepiness, increased accidents, problems concentrating, poor performance on the job, and possibly increased illness and weight gain.

Common Sleep Disorders and Symptoms
Sleep Apnea is a serious medical disorder with breathing disruptions and frequent awakenings. Breathing disturbances may occur hundreds of times throughout the night, although perhaps unrecognized or not recalled in the morning. This has been associated with high blood pressure, diabetes, heart disease, obesity and stroke. Common symptoms include snoring, daytime sleepiness, irritability, memory impairment and waking with a dry mouth or headaches.

Narcolepsy is a chronic neurological disorder with involuntary, excessive daytime sleepiness or sleep attacks. Symptoms may also include cataplexy (a sudden loss of muscle control during strong emotions such as laughing or crying), sleep paralysis (a feeling of paralysis when falling asleep or awakening), or hallucinations and vivid or scary dreams.

Restless Legs Syndrome (RLS) is a neurological movement disorder involving “creepy crawly” sensations in the legs, resulting in the need to move them. Typically this occurs in the evening at rest and will often lead to insomnia. Periodic Limb Movement Disorder may be related to RLS and involves kicking or moving of the legs or arms during sleep.

Insomnia is characterized by inadequate quality and quantity of sleep. It is often a symptom of another medical condition or sleep disorder. Symptoms of insomnia include difficulty initiating or maintaining sleep. Often the best action for insomnia is to identify the primary cause. In unresolved cases, insomnia may become chronic.
Sleep Apnea Screening

It is estimated that 80-90 percent of adults with Obstructive Sleep Apnea (OSA) remain undiagnosed. Are you one of them?

Check all that apply:

- I snore most nights.
- I feel sleepy or tired during the day.
- I have been told that I stop breathing during sleep.
- I have high blood pressure (hypertension).
- My neck size is more than 17 inches (men) or more than 16 inches (women).

If you checked two or more above, you are at high-risk for OSA! You need to get help right away. Call the BJWCH Sleep/EEG Center to schedule an appointment with a sleep specialist at 314.996.8860.

Help is Available

If you or a loved one may be suffering from a sleep disorder, do not ignore it. You should contact either your primary physician or call the Sleep Center at Barnes-Jewish West County Hospital to set up an appointment. A consultation will be arranged with a board-certified sleep physician before and after any testing procedures.

What is needed for an evaluation?

Most insurance plans cover diagnostic sleep testing and evaluations. The Sleep/EEG Center accepts a wide range of insurance plans, including Medicare and Medicaid. Depending on your insurance, a referral may be needed from your primary physician.

Diagnostic Testing

Having a medical test can make anyone feel nervous, but our highly-qualified staff is dedicated to making you feel comfortable about your procedure. Our bedrooms are designed to make you feel at home and include a Sleep Number® bed.

We offer testing for sleep disorders and EEG testing.

- Overnight sleep testing is called polysomnography. A number of electrodes are pasted to the scalp and body to record electrical activity in the brain and muscles. Other sensors detect eye movements, breathing activity, oxygen levels in the blood, snoring, and electrical activity in the heart.
- EEG testing (electroencephalography) provides a more extensive recording of electrical activity in the brain. A number of electrodes are pasted to the scalp to record any abnormal electrical activity in the brain.
- Both polysomnography and electroencephalography are noninvasive tests, and are painless. The Barnes-Jewish West County Hospital Sleep/EEG Center features state-of-the-art diagnostic equipment.

The Costly Effects of Sleep Disorders

The National Sleep Foundation estimates that nearly 70 million people in the US are affected by a sleep problem. Approximately 40 million suffer from chronic sleep disorders, and an additional 10 to 30 million are affected by intermittent sleep-related problems.

Many of these problems can be treated; however, they often go undiagnosed, causing millions of Americans to suffer unnecessary sleepless nights and repercussions during the day. Sleep deprivation and sleep disorders are estimated to cost Americans over $100 billion annually in lost productivity, medical expenses, sick leave and property damage.

Who can benefit?

Anyone experiencing one or more of the following may be suffering from a sleep disorder:

- Snore loudly.
- You or others have observed that you stop breathing or gasp for breath during sleep.
- Feel sleepy or doze off while watching TV, reading, driving or engaged in daily activities.
- Have difficulty sleeping 3 nights a week or more such as trouble falling asleep, wake frequently during the night or wake too early and cannot get back to sleep.
- Feel unpleasant, tingling, creeping feelings or nervousness and the urge to move in your legs when trying to sleep.
- Interruptions to your sleep such as nighttime heartburn, bad dreams, pain, discomfort, noise, sleep difficulties of family members, light and/or temperature.

If you or someone you know is experiencing any of these symptoms, don’t ignore the warning signs. Sleep disorders are treatable.