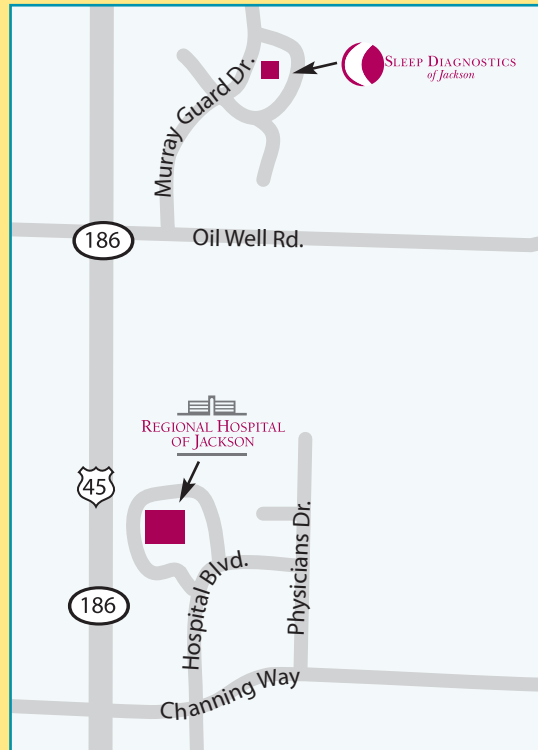




Sleep Diagnostics of Jackson

"Just Like Home"



SLEEP DIAGNOSTICS
of Jackson

Scheduling: 731-661-2490

Sleep Center: 761-661-9226

174 Murray Guard Drive

Jackson, TN 38305

www.regionalhospitaljackson.com

Sleep Diagnostics of Jackson is the right choice.

Sleep Diagnostics of Jackson is an off-campus department of Regional Hospital of Jackson, at 174 Murray Guard Dr. We are Jackson's first sleep diagnostics facility – serving West Tennessee since 1986. We are accredited by the American Academy of Sleep Medicine and The Joint Commission.

Our advanced sleep lab offers four comfortable bedrooms with queen-size beds, televisions and DVD players. There are private baths with showers, which are handicap accessible.

Sleep studies are performed by board-registered sleep technologists, and direct referrals are accepted from physicians and nurse practitioners. To schedule a sleep study, please call 731-661-2490 Monday through Friday, 8:30 a.m.-5:30 p.m. For more information, call Sleep Diagnostics of Jackson at 761-661-9226.



SLEEP DIAGNOSTICS LAB



SLEEP DIAGNOSTICS
of Jackson

A Department of Regional Hospital of Jackson



Missing Your ZZZs?

Millions of Americans do not get a good night's sleep on a regular basis. Sleep allows the body to renew itself both physically and mentally. Without regular sufficient sleep, we suffer. Many have found the help and relief they need for consistent, restful sleep.

Untreated sleep disorders, such as sleep apnea, can increase the risk for high blood pressure, heart attack and stroke. In addition, daytime drowsiness caused by sleep disorders may contribute to work-related injuries or driving accidents, putting you and others at risk for serious injury or death.

While many are not aware that they have a sleep disorder until a loved one notices a problem, symptoms may include:

- Fatigue, lack of motivation and excessive daytime sleepiness
- Anxiety, depression and irritability
- Loud snoring or gasping for air while sleeping
- Pauses in breathing or racing heartbeat during the night
- Restless sleep
- Morning headaches
- Difficulty concentrating or learning
- Waking up frequently
- Night-time sweating

Common Sleep Disorders

- **Sleep apnea** causes sufferers to start and stop breathing many times while sleeping.
- **Narcolepsy** brings about extreme drowsiness and results in a person suddenly falling asleep many times during the day.
- **Chronic insomnia** is characterized by repeated difficulty falling or returning to sleep.
- **Restless leg syndrome** produces tingly or painful sensations in the legs while at rest for a prolonged period.

Sleep Diagnostics of Jackson

If you have been experiencing a sleep problem for more than a month, your primary care physician can refer you for a sleep study at Sleep Diagnostics of Jackson. Using modern, non-invasive equipment, a specially-trained sleep technician will monitor your heart rate, respiratory system, muscle activity, oxygen levels, brain activity, sleep movements and body position. The information gathered from the study allows a board-certified sleep physician to evaluate and diagnose your condition. Your primary care physician will receive the results and use this information to determine the appropriate course of treatment.

The Lab's Staff

Technology is only as good as the people using it. That's why we staff a team of friendly, compassionate sleep technicians who are trained to balance your comfort with the need of a quality sleep study. From scheduling your test to completing your paperwork and performing your study, your comfort is our priority.



An Emphasis on Hospitality

Gone are the days of stiff hospital beds and clinical surroundings. Our rooms were designed with your comfort in mind. Enjoy a plush, queen-size bed with luxurious bedding and stylish décor.

Scheduling

To arrange for a sleep study, contact Sleep Diagnostics of Jackson at 731-661-2490.