

Common Sleep Disorders

At least 40 million Americans each year suffer from chronic, long-term sleep disorders each year, and an additional 20 million experience occasional sleeping problems.

Some common sleep disorders are:

Obstructive Sleep Apnea (OSA) – a potentially life threatening condition where people stop breathing repeatedly during sleep due to blockage of the airway by tissue in the nose or throat.

Insomnia – Sixty million Americans regularly have trouble falling asleep, staying asleep or both. Insomnia tends to increase with age and affects about 40 percent of women and 30 percent of men.

Periodic Limb Movements of Sleep (PLMS) – a condition causing involuntary kicking and jerking movements of the legs and arms.

Restless Legs Syndrome (RLS) – a condition in which your legs feel extremely uncomfortable while you're sitting or lying down. RLS is more common among seniors though symptoms may develop at any age. Restless legs can make sleeping or travelling difficult.

Hypersomnolence – excessive sleepiness seen in people who do not get adequate sleep.

Narcolepsy – disorder characterized by excessive sleepiness even after an adequate amount of sleep.

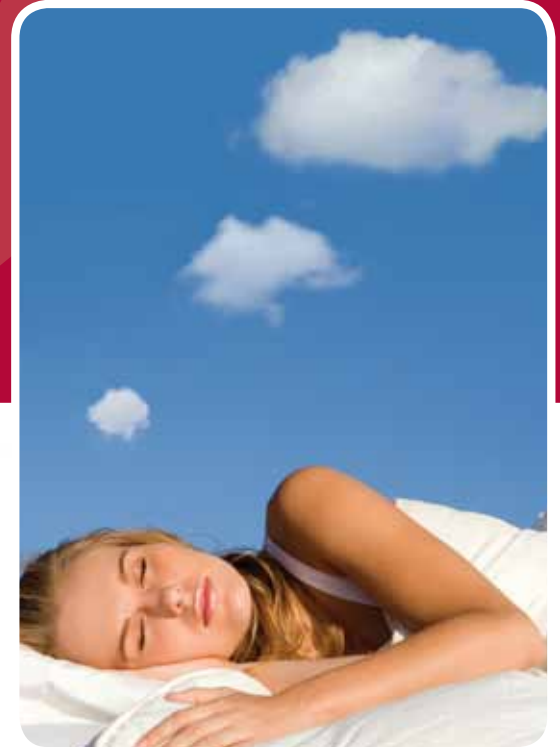
Parasomnias – Abnormal behaviors including sleepwalking, sleep talking, night terrors, dream enactment and sleep-related eating disorders.

Rest Assured

When you're tired, nothing else matters. We understand that and are here to help.

Hutchinson Sleep Center is dedicated to the diagnosis and treatment of sleep disorders.

Call Outpatient Scheduling at (320) 484-4650 or visit HutchinsonHealthCare.com to learn more.



Do You Dream of A Good Night's Sleep?



Hutchinson Sleep Center
1095 Highway 15 South
Hutchinson MN 55350



Hutchinson Sleep Center



The Importance of Sleep

Sound and restful sleep is essential to our health and well-being. But for millions of Americans, sleep is regularly interrupted or insufficient. Over time, untreated sleep disorders may lead to serious health problems. Using the latest technology and proven treatment options, Hutchinson Sleep Center offers a comfortable and effective program for treating sleep disorders.

Do you have a Sleep Disorder?

Check all the items that pertain to you.

- I have been told that I snore.
- My breathing is irregular while sleeping.
- I have trouble falling or staying asleep.
- My legs feel restless at night.
- I have trouble staying awake while driving.
- I don't feel refreshed after waking up.
- I'm sleepy during the day.

If you answered "yes" to one or more of the above statements, you may have a sleep disorder. Talk with your physician about a sleep study.

Undergoing a Sleep Study

All sleep studies take place in our Sleep Center. Testing is private, painless and happens while you sleep.

You'll have a comfortable, private bedroom with a queen-sized bed, private bath, personal phone and television. You may bring toiletries, any medications you usually take and loose, comfortable clothes to sleep in. Feel free to bring anything that helps you sleep better, such as a favorite pillow.



While you sleep, sensors will monitor your breathing patterns, heart rate, oxygen levels, muscle activity and other functions. The procedure is painless and allows for free movement in bed during the night.

You'll be ready to leave for work or home after the test.

After analyzing the data from your sleep study, our sleep specialists will determine the best course of treatment to get you back to a **good night's sleep**.



Sleep Specialist

Hutchinson Sleep Center is under the medical direction of Dr. Snigdha S. Pusalavidyasagar (who goes by Dr. Sagar), a well-established specialist in the diagnosis and treatment of sleep disorders.



"I enjoy helping my patients improve their health and quality of life through better sleep."

Dr. Sagar is an Assistant Professor of Medicine at the University of Minnesota, Division of Pulmonary and Sleep Medicine. She received her fellowship training in Sleep Medicine at the Mayo Clinic.

Covered by Most Insurance

Although you spend the night, a sleep study is considered an outpatient procedure. Most insurance companies provide coverage for the cost of the study.