

*Quality of Sleep* is as critical as sleep itself. If the quality of your sleep is considered poor or bad, you may begin to encounter a variety of health and behavioral problems. If you answer yes to *one or more* of the following statements, you may want to contact your physician about having a sleep evaluation done at our facility:

- ☆ I have been told I snore
- ☆ I have stopped breathing while I sleep
- ☆ I may awaken snorting or gasping
- ☆ I have morning headaches
- ☆ My family and friends say I am often grumpy and/or irritable
- ☆ I am overweight
- ☆ I have difficulty staying awake
- ☆ I have high blood pressure
- ☆ I have been diagnosed with Depression
- ☆ I fall asleep while reading, watching television or driving
- ☆ I am often tired and wish I had more energy
- ☆ I kick and jerk while I am asleep
- ☆ I fall asleep at inappropriate times or struggle to remain awake
- ☆ I always feel sleepy
- ☆ I walk in my sleep
- ☆ I take frequent naps
- ☆ I have leg pain or cramps at night
- ☆ Even though I sleep at night, I still feel sleepy during the day



**BROOKS**

MEMORIAL HOSPITAL

529 Central Avenue  
Dunkirk, New York 14048-2599  
716-366-1111

## *Why Should You Choose the Sleep Lab at Brooks?*

- ☆ Kind, compassionate care
- ☆ State of the art technology
- ☆ Comfortable homelike environment
- ☆ Free parking with close access to the hospital entrance
- ☆ Flexible scheduling, including weekend appointments.
- ☆ Safety & Security of a hospital setting.

*Most Insurance Plans* cover the cost of sleep study testing. If you have questions about coverage, please call your insurance carrier.

*Appointments Can Be Made* by you or your primary care physician by calling (716) 363-3933. An order from your physician is necessary to have a sleep study.



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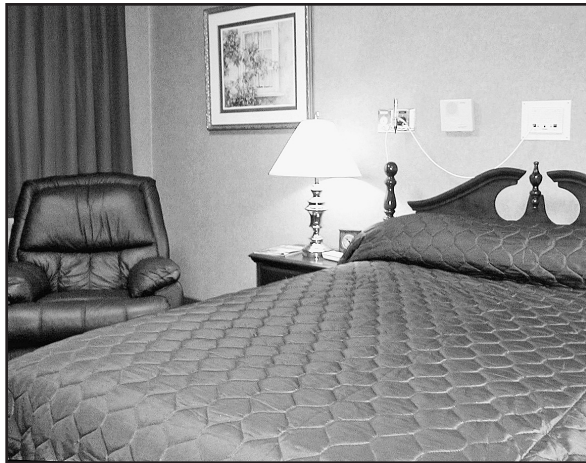


*Sleep  
Lab*



*Brooks Memorial Hospital Sleep Lab* is committed to helping you get a good nights sleep and improve the quality of your health. The sleep studies done at our state-of-the-art facility are interpreted by a physician Board Certified in Sleep Medicine.

You will be cared for personally by a Technician trained in Polysomnography. Our technicians care for only 2 patients per night, allowing them to give you the close, personal attention you need and deserve during your sleep study.



## *During Your Overnight Stay*



you will spend the night in one of our luxuriously decorated private bedrooms. Our rooms are fully equipped with a queen size bed, recliner and cable television. The sleep study testing will monitor such vital signs as breathing, heart and brain activity, blood oxygen levels and your body movements throughout the night. The sleep study is painless and every effort is made to allow you a good nights sleep.

*Let Us Help You* take the first step to a better quality of life.

Treatment of a sleep disorder can help you:

☆ Decrease your risk for:

- Stroke
- High Blood Pressure
- Heart Disease
- Irregular Heart Rhythms
- Automobile Accidents
- Job Related Accidents

☆ Make you more alert and energetic

☆ Decrease depression, irritability and moodiness

☆ Improve your job performance

*Support Your  
Local Hospital*

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