

You can find help identifying your sleep disorder at the following Saint Luke's Health System locations:

Hedrick Medical Center

100 Central
Chillicothe, MO 64601

Saint Luke's East—Lee's Summit

100 N.E. Saint Luke's Blvd.
Lee's Summit, MO 64086

Saint Luke's Hospital of Kansas City

4401 Wornall Road
Kansas City, MO 64111

Saint Luke's Northland Hospital

—Barry Road Campus

5830 N.W. Barry Road
Kansas City, MO 64154

Saint Luke's South

12300 Metcalf Ave.
Overland Park, KS 66213

Wright Memorial Hospital

701 E. 1st Street
Trenton, MO 64683

For more information on the Sleep Disorders Centers of Saint Luke's Health System, call NurseLine at (816) 932-6220.



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Sleep Disorders Centers

at

Saint Luke's Health System



Making Dreams Come True



saintlukeshealthsystem.org

Having Sleeping Problems? We Can Help!

The Sleep Disorders Centers of Saint Luke's Health System (SLHS) are dedicated to helping people find deeper, more refreshing sleep. Why not get the rest you need and deserve? With centers located throughout the metropolitan area, we can help you discover an improved quality of life, improved memory, and offer the support you need to make your treatment a success.

More than 70 million people suffer from disorders of sleep and wakefulness, and approximately 40 million have left these problems untreated. More than 100 million Americans fail to get a good night's sleep.

Allowing these problems to remain undiagnosed and untreated can lead to further stresses, including an increased risk of heart disease, stroke, obesity, and diabetes. Many fail to realize how much sleep disorders can affect their lives since these effects build up over time.

The identification and treatment of sleep disorders may involve an overnight stay in a Sleep Disorders Center. SLHS offers state-of-the-art sleep disorder centers at six health system entities. With centers conveniently located throughout the metro, we can help you find out what may be disturbing your sleep or causing you to be sleepy when you should be awake.

The staff at SLHS's Sleep Disorders Centers has more than 75 years of combined experience in sleep, respiratory, and pulmonary medicine. We partner with your physician to help you get the most accurate diagnosis and treatment for any sleep disorder you may have.

Saint Luke's Hospital, Saint Luke's South, and Saint Luke's Northland Hospital centers are accredited by the American Academy of Sleep Medicine, the credentialing body of sleep medicine, which sets high standards and guidelines for accreditation of sleep centers.



The Most Common Reasons For Testing

The most common type of sleep disorder seen in our lab is Obstructive Sleep Apnea. Sleep apnea is described as the collapse of the back of the throat during sleep, blocking the movement of air. This can last for a minimum of 10 seconds, commonly up to 30 seconds, and sometimes even longer. The resumption of breathing can cause frequent arousals and awakenings from sleep. Because of these disruptions, many people suffering from Obstructive Sleep Apnea will experience disruptive snoring, excessive daytime sleepiness, fatigue, and decreased alertness.

Other symptoms include high blood pressure, falling asleep while riding in a car or while driving, bedwetting, hyperactivity in children, morning headaches, and reports by bed partners that they have observed the apnea.



Our state-of-the-art rooms allow accurate assessments of your sleep problems while maintaining a home-like level of comfort.

Common Symptoms of Sleep Disorders

Please review the symptoms below and discuss them with your physician.

- Witnessed Apnea
- Snoring
- Daytime Sleepiness
- Falling Asleep Driving
- Morning Headaches
- Memory Loss
- Hypertension
- Diabetes
- Restless Legs
- Seizures
- Teeth Grinding
- Bedwetting
- Insomnia
- Fitful Sleep
- Fatigue
- Hyperactivity

In addition to the symptoms above, I also experience:
