



Healing Garden

## Our Mission

Improving Health and Wellness  
for Longer, Healthier Lives

## Recognition



Nationally accredited by the  
American Academy of Sleep Medicine.



[www.edgertonhospital.com](http://www.edgertonhospital.com)

Sleep Disorders Center



## Services

- Acute and Outpatient Care
- Cardiac Services
- Community Education Courses
- Diagnostic Testing
- Ear, Nose, Throat
- Emergency and Urgent Care
- Family Medicine
- General and Specialized Surgery
- Infusion Services
- Lymphedema Clinic
- Physician Specialty Clinics
- Podiatry
- Pulmonary Services
- Rehabilitation – PT, OT, Speech
- Respiratory Therapy
- Respite Care
- Short-Term Rehabilitation (Swing Bed)
- Sleep Study Program
- Women's Pelvic Health
- Wound Care

## Local, Convenient

11101 N. Sherman Road  
Edgerton, WI 53534

608.884.3441



Passionate People, Compassionate Care



## Sleep Is Good for Your Health

Everyone has a restless night now and then, but sleep disorders may deprive people of needed sleep night after night after night – to the point that they suffer serious health problems. Sleep apnea and restless leg syndrome are two common disorders that rob people of restful sleep and put them at increased risk for accidents and chronic medical conditions. In fact, over 70 million Americans suffer from disorders of sleep and wakefulness.

### What You Need to Know About Sleep Disorders:

- Sleep apnea occurs when soft tissue at the back of the throat relaxes during sleep and closes the airway, causing sufferers to stop breathing.
- Sleep apnea is linked to chronic health problems such as high blood pressure and heart disease. In rare cases, it may be fatal.
- Restless leg syndrome (RLS) is a neurological disorder in which burning, creeping, or tugging sensations in your legs at rest cause you to move to try to relieve those feelings. Most people with RLS have difficulty falling or staying asleep.
- Both apnea and RLS can be treated. You'll be amazed at how much better you feel with a return to restful sleep night after night!



### You May Suffer From Obstructive Sleep Apnea If You:

- Feel sleepy during the day, even after you think you've had a good night's rest.
- Wake suddenly in the night gasping for air.
- Have trouble staying focused and alert at home and at work.
- Wake up with heartburn.
- Struggle to stay awake while driving.
- Are told by a loved one that you snore loudly and seem to stop breathing in your sleep.
- Are overweight.

### Other Common Sleep Disorders:

#### Insomnia



Described as having difficulty falling asleep or staying asleep, waking too early in the morning, or not feeling refreshed upon waking. Causes of insomnia include anxiety, depression, altered sleep pattern, breathing disturbances, restlessness, leg kicking or pain.

#### Narcolepsy



This is the overwhelming desire to sleep at inappropriate times or having the ability to fall asleep almost anywhere. Signs of narcolepsy include: excessive sleep, muscle weakness, terrifying dreams, or feeling paralyzed when falling asleep or waking up.

#### Sleep Terrors



This can include nightmares during non-dream stages of sleep, sleepwalking or talking, and rapid eye movement disorders.

### Edgerton Hospital's Sleep Studies:

A sleep study is a painless diagnostic test. You will be asked to spend the night at the hospital and will be monitored at all times by our specially trained polysomnographic (sleep study) technologist. The technologist will monitor your breathing, heart rhythm, brain waves, leg movements, and oxygen concentration using a series of electrodes to identify possible sleep disorders. Or, your doctor may recommend you start by taking an at-home sleep study test.

Talk to your doctor about your sleeping issues, and your doctor will order a sleep study or an at-home test if necessary. Many health insurance policies will cover sleep studies, but be sure to check your individual policy for coverage.

Contact the Sleep Disorders Center:

Phone: 608.884.1396

Fax: 608.884.1393

