

Centura Sleep Disorder Center at Parker Adventist Hospital



Take Control of Your Sleep

The quality of your sleep directly affects the quality of your life. More than 40 million people have chronic sleep problems that affect personal safety, productivity and ability to enjoy daily living. Sleep problems are also connected with serious conditions such as coronary heart disease, diabetes, high blood pressure, impotence, memory issues and mood changes.

Talk to your Doctor

Your doctor can refer you to your Sleep Center. Sleep studies are usually covered by insurance, but check your own plan for specific information about your coverage.

Most common sleep disorders are treatable.

While there are more than 70 distinct sleep disorders, these are the most common:

Obstructive Sleep Apnea (OSA)

Loud, frequent snoring and pauses in breathing.

Narcolepsy

Attacks of an irresistible urge to sleep at unexpected times and severe daytime sleepiness.

Restless Leg Syndrome (RLS), and

Periodic Limb Movements (PLM)

Involuntary leg or arm movements before and during sleep.

Parasomnias

A group of sleep issues including sleepwalking, night terrors and acting out dreams.

Insomnia

The inability to fall asleep or stay asleep.

Please discuss these symptoms with your doctor:

- Excessive daytime sleepiness
- Gasping, snoring or pausing in your breathing while you sleep
- Waking up tired | Fatigued
- Frequent awakenings during sleep
- Waking up with headaches
- Neck size larger than 16 inches (women), 17 (men)
- Falling asleep at inappropriate times

Our Sleep Program Features:

- Board certified physicians who direct the sleep disorders program and evaluate your results
- Sleep technologists registered in Polysomnographic Technology (RPSGT)
- A multidisciplinary care team with specialists including: pulmonology, neurology, otolaryngology, dental sleep medicine and behavioral sleep medicine
- Locations conducive to treating more complex medical problems
- All pre-authorizations and scheduling completed by hospital staff
- Staff working closely with referring physicians for seamless patient care and treatment
- At home sleep apnea testing
- Assistance with CPAP compliance, mask fitting and equipment checks

Call us at **303-269-4188**

Parker Adventist Hospital

 Centura Health®

9399 Crown Crest Blvd., Suite 350
Parker, CO 80138