

Tips for Better Sleep

The fast-paced world we live in wreaks havoc on our bodies and has caused sleep to become a victim to the life we live.

Slowing the hectic life we live poses an impossible task, but is also why using methods to create better sleep is important to your health. Sleep hygiene is known as creating habits favorable to sleeping well on a consistent basis.

Sleep Hygiene Tactics:

- 1.Consistent schedule for weekends and weekdays
- 2.No blue light devices 30-60 minutes before bed
- 3.Cool sleeping environment
- 4.Dark sleeping space
- 5.Refrain from falling asleep on the couch, recliner, or chair before bed
- 6.Drown out noises with earplugs or white noise options



Contact Us



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*In partnership with your hospital
helping to increase your quality of
life through better sleep*

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Why am I being referred for a sleep study?



An Affiliate of  UnityPoint Health

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Sleep Problems

Most people know to seek medical attention for pain and discomfort, but sleep problems are often overlooked or ignored.

According to the National Sleep Foundation, an estimated 50-70 million Americans suffer from sleep disorders and sleep problems, but due to lack of awareness and education, over half are undiagnosed or untreated.

There are a number of sleep hygiene measures one can try to achieve better sleep. However, even with proper sleep hygiene, a sleep disorder such as obstructive, central and complex sleep apnea could be the root cause of underlying health processes that are contributing to your overall health.



Signs & Symptoms

Waking feeling unrefreshed is the largest sign linked to an underlying sleep disorder. However, there are a number of other signs, symptoms, and risk factors that are correlated with sleep apnea and other sleep disorders.

Some signs and symptoms to pay attention to are:

- **Excessive daytime sleepiness**
- **Lack of energy**
- **Morning headaches**
- **Memory issues**
- **Irritability**
- **High blood pressure**
- **Shift work**
- **Insomnia**
- **Diabetes**
- **Atrial fibrillation**
- **Congestive heart failure**
- **Heart disease**

During your visit with your provider, your signs and symptoms led your provider to believe there may be an underlying sleep disorder. Even if you think you sleep fine, your symptoms may warrant concern.

What To Expect

Your sleep referral has been sent to our sleep lab partner - SomniTech. They will call you to schedule your appointment at Lucas County Health Center.

This procedure is non-invasive and is performed by a registered sleep technician. The procedure will record multiple aspects of your sleep, such as:

- Stages of sleep
- Heart rhythm
- Respiration
- Eye movement
- Leg movement
- Oxygenation

An underlying sleep disorder wreaks havoc on one's body. The risk factors of ignoring your diagnosis can be detrimental to your overall health with huge risk factors such as:

- **High blood pressure**
- **Stroke**
- **Depression**
- **Diabetes**
- **Obesity**
- **Heart failure**
- **Death**