



If you can't remember the last time that you had a
good night's sleep...

It may be time for you to wake up.



About the Colorado SleepCenter of the Rockies

A brand new lab and facility designed in 2007, the **Colorado SleepCenter of the Rockies** specializes in the diagnosis and treatment of sleep disorders. The SleepCenter centers its attention on each patient's quality of life. Sleep is absolutely essential for our bodies to function properly. Therefore, when sleep patterns are normal, a person feels better, thinks better and simply has longer, more enjoyable life.

Millions, however, suffer from sleep deprivation or experience interrupted bouts of sleep – many who may not even realize it. It may be their partner who notices snoring or lapses in breathing during the night. Possibly the person simply feels as if he can't "wake up" or has trouble concentrating during the day.



The Detailzzz. With its focus on quality and longevity of life through sleep normalization, the SleepCenter offers the latest in state-of-the-art equipment, allowing constant monitoring of each patient with up to 55 channels of simultaneous digital data including multiple cardiac leads and multiple digital video feeds. Each room is equipped with Sleep Number® beds by Select Comfort™, providing comfort adaptable for each of the SleepCenter's patients.

Why you need a good night's sleep.

The most obvious reason that we need sleep is so that we are able to function - both physically and mentally - during the waking hours. Good sleep enables us to interact positively with others, to think clearly, perform at a higher level in our careers and everyday tasks - and, of course - to feel rested. Sleep also allows our bodies to regenerate and heal tissues. People often wonder, how much sleep does a person really need? It is commonly heard that human beings need eight hours of sleep each night. While this is a good overall estimate, the amount of sleep needed for each person varies from about seven to nine hours per night. Some can sleep smaller amounts and feel just as rested as others who sleep a full nine hours. Even those who are able to get the full amount of sleep required for their bodies may not actually experience the deep sleep needed to feel rested the next day - but they probably don't know why. The SleepCenter's in-depth sleep test helps to pinpoint - and fix - the cause of your daytime sleepiness.



Sleep Disorders

A sleep disorder is defined as a disruptive pattern of sleep, including difficulty falling asleep, excessive amounts of sleep or abnormal sleep behavior. Millions of Americans suffer from sleep disorders, many of them unaware of the disorder and most not realizing the harmful effects that lack of sleep can have on their overall health and state of emotion.

1 **INSOMNIA**

Everyone has trouble sleeping occasionally. Stress, noise and other environmental factors contribute to “on and off” insomnia. However, chronic insomnia lasts for a month or more. The long-term lack of sleep can quickly become dangerous for your internal health, and making even normal, everyday tasks a challenge.

2 **SLEEP APNEA**

Affecting approximately 20 million people, sleep apnea when a person regularly stops breathing for 10 seconds or longer during sleep. These episodes can occur up to 400 times each night, leaving the sufferer feeling unrested the following day, and having dangerous long-term effects on this person’s overall health.

3 **RESTLESS LEGS SYNDROME**

Restless Legs Syndrome (RLS) causes irresistible leg jerks or movements accompanied by a crawling, tingling or prickling sensation deep in the limbs. When a person suffers from RLS, it becomes difficult to sleep because of the constant urge to move, stretch or flex his or her legs.

4 **SNORING**

At one time, snoring was considered to be simply an annoyance to your partner or your family. Now we know that snoring may actually cause serious sleep deprivation, as well as reduce the oxygen flow the brain - both of which can have serious health effects on the body.

Are you a good candidate for a sleep study? Log on to find out.
www.sleepcenterotr.com/survey



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