

# Trinity Muscatine Snoring & Sleep Disorders Clinic

Getting a good night's sleep is an essential part of health and well-being. Millions of people do not get the sleep they need and, unfortunately, go untreated.

The Trinity Muscatine Snoring & Sleep Disorders Clinic assists in diagnosing and treating patients who experience excessive daytime sleepiness, snoring, insomnia, morning headaches and restless sleep. The Sleep Lab tests patients 16 years and older.

## Common Sleep Disorders:

- Sleep Apnea**..... A condition which causes a person to stop breathing, on occasion, during sleep.
- Narcolepsy**..... A condition which causes a person to fall asleep suddenly at inappropriate times, such as while talking or driving.
- Insomnia**..... A condition in which a person has difficulty falling or staying asleep.
- Restless Leg Syndrome**.... Sleep is disrupted by spontaneous twitches or jerks in the arms or legs.
- Snoring**..... A condition when breathing is rough or noisy during sleep.

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Board certified Otolaryngology  
Sub specialty in Sleep Medicine



## The Sleep Study

A sleep study is performed to evaluate sleep disorders and examines and monitors a person's behavior while sleeping. The sleep study is a painless all night procedure in which electrodes are placed on the patient's scalp, chin, chest and legs to record body movements during sleep. In addition, an elastic belt is secured around the abdomen to record breathing and thin wires are placed near the nose and mouth to record air flow during breathing. Finally, a small device is placed on the finger to record oxygen saturation. Sleep studies are typically done at the hospital but can be done at home if certain criteria are met. A consultation with Dr. Dawson will determine which is the appropriate setting for your sleep study.

## Why do I need a sleep study?

A sleep study is commonly performed to investigate the following symptoms:

- Unrefreshing sleep
- Daytime sleepiness
- Breath-holding episodes during sleep
- Snoring
- Leg twitching/restless legs at night
- Abnormal behaviors at night