



OUR SLEEP CENTER AT THE SOUTH OFFICE

Our Sleep Center offers overnight sleep studies, consultations with a sleep specialist, diagnosis and treatment for all types of sleep disorders, including:

- Snoring/Sleep apnea
- Restless leg syndrome
- Insomnia
- Narcolepsy
- Idiopathic Hypersomnia
- Parasomnias (sleep walking and talking)
- Children's sleep problems

If you suffer from insomnia, sleep apnea or other sleep difficulties, we have great news — The Portland Clinic Sleep Center is ready to help.

The Sleep Center, located at our South office houses six state-of-the-art sleep-study suites, and is staffed by a specialist in diagnosing and treating sleep disorders.

PRIOR TO YOUR APPOINTMENT

Prior to your appointment or study, you will need to complete a *Sleep Health Questionnaire* and a *Sleep Log*. Both documents can be found on our website on the Sleep Center specialty page or we can mail this to you prior to your appointment.

Scheduling Phone Number 503-924-2266 (or ext. 2974)

Note: If your physician has recommended that you make an appointment to see the Sleep Specialist or have a sleep study and you were unable to schedule an appointment while at your physician's office, please contact the Sleep Center directly if you have not heard from us within 2 days.



PORTLAND SOUTH OFFICE SLEEP CENTER

6640 SW REDWOOD LANE
PORTLAND, OR 97224
PHONE | 503-924-2266 (OR EXT 2974)
DAY HOURS | M-F 8am-5pm
NIGHT HOURS | W-F 7pm-7am

Sleep Center

Your Appointment

- Consultation with Sleep Specialist Dr. Suvarna Palla
- Sleep Study

DATE	TIME
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If you cannot keep this appointment, please cancel by phone at least 24 hours prior to your appointment so that someone else may have the time reserved for you.





Who Should See a Sleep Specialist?

If you simply don't sleep well anymore. In addition, there are five health conditions that are frequently associated with sleep disorders.

- High blood pressure
- Obesity
- Depression
- Type 2 diabetes
- Congestive heart failure

How are Sleep Disorders Diagnosed?

Some sleep problems, such as insomnia, can be diagnosed based on a visit with a sleep specialist. Others may require an overnight sleep study to confirm the cause. They may include:

- Snoring
- Sleep apnea (snoring that alternates with periods where breathing stops)
- Restless leg syndrome (kicking and twitching in your sleep)
- Non-restorative sleep

WHAT HAPPENS DURING A SLEEP STUDY?

To assess your sleep under optimal conditions, The Portland Clinic designed its Sleep Center to look and feel as comfortable as home. You will spend the night in a private suite that has a comfortable bed, private bathroom, homestyle decor, sound insulation and individual temperature control. Just before you go to sleep, a technician will attach sensors to your head and body to monitor your brainwaves and movements throughout the night. These biofeedback pads record your sleep patterns, as well as the body movements and breathing patterns that trigger interruptions. With this information, the sleep specialist can diagnose precisely what the problem is, and can recommend effective treatments.

If you have breathing problems, Continuous Positive Airway Pressure (CPAP) may be used. CPAP is a device that can help you breathe and improve your sleep. It may be used during the second half of your study or on another night. The study will show if CPAP works for you.

The sleep technologist can answer some of your questions about the sleep study during your study, but only the sleep specialist (or your doctor) can provide detailed results. Your sleep study will be interpreted by our sleep specialist, which can take up to 7-10 days from the date of your study.

HOW ARE PROBLEMS TREATED?

Depending on the problem, treatment may involve one or more of the following:

- Medications
- Dental or breathing devices
- Referral to an ear, nose and throat specialist for procedures to reduce snoring
- Sleep counseling to improve or retrain sleep habits

What Results Can You Expect from Treatment?

Patients report sleeping better with days or weeks of treatment in almost every case. In addition, improved sleep lowers blood pressure, improves diabetes control, boosts energy, increases concentration, lifts mood and increases overall health and happiness.

Accredited by the American Academy of Sleep Medicine

