

Sleep is the most important factor of life that people take for granted.

A GOOD NIGHT'S SLEEP REFRESHES THE MIND AND BODY!

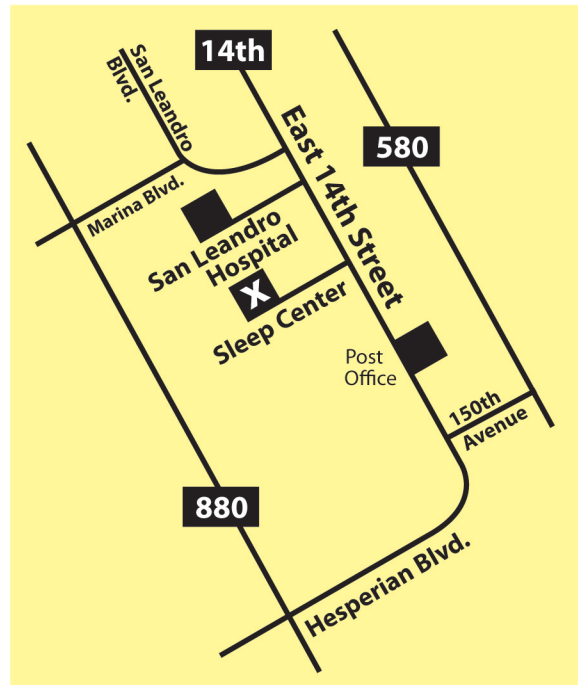
Do you feel that that your quality of sleep prevents you from living life to the fullest?

ANSWER THE FOLLOWING QUESTIONS:

- Do you often wake up feeling tired?
- Do you snore?
- Have you been told that you stop breathing or gasp while you sleep?
- Do you often wake up with a headache?
- Do you often fall asleep at work or during meetings?
- Do you often fall asleep while driving or while waiting at a stoplight?
- Do you a hard time falling asleep?
- Once you fall asleep, do you have a hard staying asleep?
- Does your leg "twitch" at night?
- Do you have a strong urge to move your legs which you may not be able to resist?
- Do you often experience bad dreams?
- Do you have "sleep attacks" during the day?

If you answered YES to any of the above questions, please bring this brochure to your physician and discuss your symptoms.

San Leandro Sleep Disorders Center



The sleep center is located BESIDE the San Leandro Hospital.

From HWY 580 westbound, exit at 150th ave. and turn RIGHT on East 14th street. The Sleep Center will be on your LEFT side.

From HWY 880 northbound, exit HESPERIAN BLVD. From HESPERIAN BLVD., turn left on East 14th street. The Sleep Center will be on your LEFT side.

From HWY 880 southbound, exit MARINA EAST and make a right on SAN LEANDRO BLVD. When you reach East 14th street, turn right. The Sleep Center will be on your RIGHT side.

**13939 East 14th Street, Suite 180
San Leandro, California 94578
tel (510) 614-7728 fax (510) 614-7738
www.slsleep.com**

How have you been sleeping lately?



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WHAT OUR SLEEP CENTER CAN DO FOR YOU



Sleep is the most important factor of life that people take for granted.

One out of every three Americans suffer from a sleep disorder. The symptoms are usually subtle - depression, irritability, poor concentration, daytime sleepiness, chronic tiredness. Furthermore, they are often misdiagnosed and left untreated. Sleep disorders can also give rise to other health issues such as hypertension, stroke and diabetes.

A sleep evaluation or Polysomnogram is an overnight sleep study that takes place in a private room, similar to a hotel suite. The San Leandro Sleep Disorders Center can accommodate 6 patients. Each patient will be provided with a room with a restroom. Two rooms are wheelchair accessible and one "master" bedroom is available to accommodate your spouse or caregiver. The Sleep Center also has two shower facilities.

A trained sleep technician will attach monitoring devices that record brain waves, heart rate, breathing patterns, and muscle and leg movements. The monitoring devices are comfortable and won't interfere with your ability to sleep. Once the sleep evaluations are completed, our sleep physician will analyze the collected data and make treatment recommendations.

SLEEP DISORDERS

Snoring and Sleep apnea Sleep apnea is a condition in which breathing stops during sleep. It occurs as a result of repetitive closure of the upper airway while someone sleeps. It is accompanied by a loud snore as breathing restores which may cause a brief awakening. As the person sleeps, the cycle of breathing stops and repeats over & over during the night.

Insomnia Perceptions that sleep is inadequate, abnormal or unrefreshing. The signs of insomnia include difficulty in falling asleep and frequent awakenings during sleep or waking up too early.

Periodic Limb Movements (PLM) Simple repetitive leg movements that can cause brief awakenings during sleep (which in turn may cause disruption of sleep if it occurs often).

Narcolepsy A condition of excessive drowsiness during the day that is not relieved by any amount of sleep and a tendency to sleep at inappropriate times. Attacks of narcolepsy can be triggered by highly stressful situations. It has four main symptoms: excessive daytime sleepiness, cataplexy (loss of strength in the muscle), sleep paralysis, and hallucinations before falling asleep and during naps and/or awakenings.

Fibromyalgia and Chronic Fatigue Syndrome A widespread feeling of fatigue and pain in the muscles, ligaments and tendons. Sleep is constantly interrupted by bursts of "awake-like" brain activity.

The San Leandro Sleep Disorders Center is located just minutes from downtown San Leandro. The Sleep Center is very accessible to public transportation and has ample, well lit parking spaces.

If you think you or a loved one is suffering from a sleep disorder, seek a referral from your personal physician and call **(866) 363 7535** to make an appointment with our sleep specialist.

For more information, please visit our website at www.slsleep.com.

San Leandro  **Sleep Disorders Center**