



QUESTIONS TO ASK YOURSELF:

- Is snoring a problem for you?
- Do others say you kick or are restless while sleeping?
- Do others say you stop breathing while sleeping?
- Do you feel sleepy all the time?
- Do you wake up feeling tired?
- Do you have tingling or pain in your legs?
- Do you fall asleep in class, while reading a newspaper or watching TV?
- Do you get sleepy while driving?

If you answered yes to any of these questions, speak to your doctor about getting a referral to one of our specialists.

For a physician referral
24 hours a day/7 days a week
call 1-800-470-7422

Se habla español.

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A Good Night's Sleep
THE SLEEP DISORDERS PROGRAM



Millions of Americans suffer from sleep disorders. Some people have a hard time sleeping, while others fall asleep at inappropriate times. Some even stop breathing periodically while sleeping. These problems can be temporary or chronic, but most are treatable. The specialists at the Sleep Disorders Program at Hialeah Hospital are trained to diagnose and treat a variety of conditions to help you get a better night's sleep.

DIAGNOSIS & TREATMENT

Diagnosing a sleep disorder begins with an overnight evaluation conducted in a private, comfortably outfitted room that features a color television and private bathroom. The surroundings are designed to simulate your sleep environment at home in order to promote optimal results.

The first night, technologists conduct a sleep study called a polysomnogram. The evaluation monitors vital signs, sleep patterns, eye movements, and respiratory activity, and helps the sleep specialists develop the best treatment plan for each patient.

In the case of sleep apnea or snoring, the study may also include the use of CPAP (Continuous Positive Airways Pressure), which keeps airways clear.

OUR TEAM

Our Sleep Disorders Program is run by qualified and experienced physicians, certified sleep specialists and trained technicians who all work together to come up with a solution to your problem.

COMMON DISORDERS

Sleep Apnea - A condition that causes people to stop breathing periodically while sleeping. It can have serious health consequences and lead to heart conditions, hypertension and fatigue if left untreated.

Insomnia - A persistent inability to fall or stay asleep.

Narcolepsy - A neurological illness characterized by sudden, uncontrollable sleep attacks and persistent daytime sleepiness.

Restless Leg Syndrome - Characterized by unpleasant sensations in the legs. Some kick or thrash involuntarily at night.

Snoring - A partial obstruction of the upper airway. Snoring can be a symptom of other more serious conditions such as sleep apnea.



Some Helpful Hints To Help You Sleep

- Avoid caffeine within 4-6 hours of going to bed
- Avoid the use of nicotine close to bedtime or during the night
- Don't drink alcohol within 4-6 hours of going to bed
- Avoid large meals before bedtime
- Avoid strenuous activity within 6 hours of going to bed
- Minimize light, noise and temperature extremes in your room
- Try to sleep only when you are drowsy
- Wake up at the same time, even on days off from work or on weekends
- Use your bedroom only for sleeping
- Avoid napping during the day

The Sleep Disorders Center operates seven nights a week.

For more information,
please call 305-835-4650
9 am - 5 pm, Monday - Friday

