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# Get Some Sleep!

## *Let us help you turn off the lights.*

Sleep isn't just "time out" from daily life. Sleeping is an active state, essential for renewing mental and physical health daily. More than 100 million Americans regularly fail to get a good night's sleep as a result of a sleep disorder. Sleep disorders can lower a person's quality of life and reduce personal health. Sleep disorders can affect children, teens, single adults, parents and senior citizens.

Take time to learn about common sleep disorders and how Sleep Services at Carolinas Medical Center can help.

### **Get the Facts on Sleep Disorders**

- **Sleep Apnea:** This sleep disorder affects an alarming number of patients. Common symptoms include snoring, brief pauses in breathing while sleeping and daytime sleepiness.
- **Restless Legs Syndrome (RLS):** People experience restless legs in many different ways, but most describe very unpleasant sensations that occur in the legs (most often the calves) when they are sitting or lying still, particularly in the evening or at bedtime.
- **Periodic Limb Movement Disorder (PLMD):** This disorder is comparable to restless legs syndrome but is experienced during sleep as opposed to being awake. PLMD typically occurs in the legs, but can affect the arms as well.
- **Insomnia:** This is a sleep disorder in which a person has trouble falling asleep or staying asleep and generally affects one in three American adults.
- **Pediatric Sleep Disorders:** Adults aren't the only ones affected by sleep disorders. In fact, sleep disorders are quite common in children. If your child has trouble staying awake in school or has difficulty sleeping at night, a sleep disorder could be the cause.

*The physician practices affiliated with*



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