

www.carolinasmedicalcenter.org



Get Some Sleep!

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. Many of those who have a sleep disorder aren't aware they have one, and those who acknowledge their sleeping problem rarely seek out the help they need. Take time during this month 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. Fortunately, there are many successful treatments available for sleep apnea.
- **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. RLS can interfere with the length of time you can travel by car, airplane or any other means of transportation that requires you to sit still for long periods.
- **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



Carolinas Medical Center

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Get to Know Your Sleep Habits

I feel sleepy during the day, even when I get a good night's sleep:	<input type="checkbox"/> YES <input type="checkbox"/> NO	I've fallen asleep driving:	<input type="checkbox"/> YES <input type="checkbox"/> NO
I often wake up at night and have trouble falling back to sleep:	<input type="checkbox"/> YES <input type="checkbox"/> NO	I've been told I stop breathing while I sleep:	<input type="checkbox"/> YES <input type="checkbox"/> NO
I sometimes wake up gasping for breath:	<input type="checkbox"/> YES <input type="checkbox"/> NO	I fall asleep easily in quiet situations despite an adequate duration of sleep:	<input type="checkbox"/> YES <input type="checkbox"/> NO
My bed partner says my snoring keeps her/him from sleeping:	<input type="checkbox"/> YES <input type="checkbox"/> NO	I have high blood pressure:	<input type="checkbox"/> YES <input type="checkbox"/> NO
		My neck size is greater than 17 inches (male) or 16 inches (female):	<input type="checkbox"/> YES <input type="checkbox"/> NO

If you answered "YES" to two or more questions, you may be at risk for sleep apnea. Please discuss this with your physician to determine if further evaluation is needed.

Get Help Today

For more information, call 704-355-7500 or visit www.carolinasmedicalcenter.org. Our skilled specialists are uniquely qualified to treat all sleep disorders using the most advanced technology available to evaluate and treat them in children and adults.

Sleep Service Locations

CMC-NorthCross

16455 Statesville Road, Suite 320
Huntersville • 704-801-1744

Carolinas Medical Center-Lincoln

200 Gamble Drive
Lincolnton • 704-510-9900

Carolinas Medical Center-Union

600 Hospital Drive
Monroe • 704-510-9900

Sleep Services at CMC-NorthEast - Concord

130 Lake Concord Road
Concord • 704-403-1136

Sleep Services at CMC-NorthEast - Harrisburg

5427 Highway 49 South
Harrisburg • 704-403-1136

Carolinas Sleep Services - Abbey Place

1601 Abbey Place, Building 2,
Suite 200
Charlotte • 704-512-2780

Carolinas Sleep Services - University

Mallard Crossing Medical Park
10320 Mallard Creek Road,
Suite 220
Charlotte • 704-510-9900

Carolinas Sleep Services-Pineville

10036 B Park Cedar Drive
Charlotte • 704-544-7243

Carolina Neurological Clinic

Mallard Crossing Medical Park
10320 Mallard Creek Road,
Suite 230
Charlotte • 704-377-9323

Carolina Neurological Clinic

12311 Copper Way, Suite 200
Charlotte • 704-541-8788

Charlotte Medical Clinic

1001 Blythe Blvd., Suite 403
Charlotte • 704-355-5100

Charlotte Medical Clinic

3025 Springbank Lane, Suite 100
Charlotte • 704-446-2620

Mecklenburg Medical Group

4525 Cameron Valley Parkway
Charlotte • 704-302-8330

Mecklenburg Medical Group

16455 Statesville Road, Suite 200
Huntersville • 704-302-8600

NorthEast Lung Associates

219 LePhillip Court NE
Concord • 704-403-7770

NorthEast Neurology

315 Medical Park Drive, Suite 202
Concord • 704-403-1911

NorthEast Neurology - Huntersville

16623 Birkdale Commons Parkway,
Suite 110
Huntersville • 800-230-1721

University Pulmonary Associates

101 E. W.T. Harris Blvd.,
Building 3000, Suite 3301
Charlotte • 704-863-5847