

The Center's Staff

Technology is only as good as the people using it. That's why our staff is a team of friendly, compassionate sleep technicians who are trained to balance your comfort with the need of a quality sleep study. From scheduling your test to completing your paperwork to performing your study, your comfort is our priority.

An Emphasis on Hospitality

The Sleep Disorders Laboratory at Woodland Heights invites you to spend the night in one of our attractively decorated bedrooms. Furnished with a full-size or queen-size bed, the bedrooms are lavishly decorated with cherry wood and wrought iron furniture, overstuffed comforters and throw pillows. Plus you can enjoy watching your favorite shows on television with cable programming. This pleasant, sleep-inducing atmosphere is removed from the hustle and bustle of the hospital and is close to home.

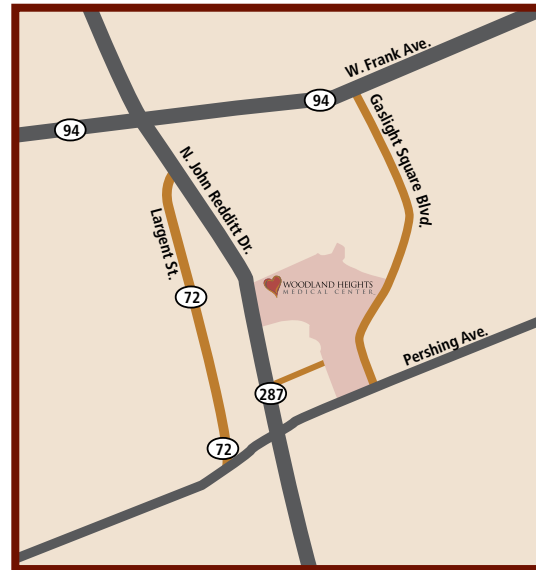
Scheduling

To arrange for a sleep study, contact Woodland Heights Medical Center Central Scheduling at 936-637-8618. Sleep studies are offered six days a week, with patients arriving at 8:30 p.m. Studies can be arranged for daytime hours to accommodate varied work schedules.

Will my insurance cover a sleep study?

Most insurance plans will cover sleep studies and treatment. We can verify coverage with your insurance plan.

Woodland Heights Medical Center is the right choice. Convenient, Close to Home



WOODLAND HEIGHTS
MEDICAL CENTER™

505 S. John Redditt Dr.
Lufkin, TX 75904
Scheduling: 936-637-8618
Sleep Center: 936-637-8765
Main Number: 936-634-8311
www.woodlandheights.net

SLEEP LAB



WOODLAND HEIGHTS
MEDICAL CENTER™



Missing Your ZZZs?

Millions of Americans do not get a good night's sleep on a regular basis. Sleep allows the body to renew itself both physically and mentally. Without regular sufficient sleep, we suffer. Thanks to the Woodland Heights Medical Center Sleep Disorder Center, many have found the help and relief they need for consistent, restful sleep. Untreated sleep disorders, such as sleep apnea, can increase the risk for high blood pressure, heart attack and stroke. In addition, daytime drowsiness caused by sleep disorders may contribute to work-related injuries or driving accidents, putting you and others at risk for serious injury or death.

While many are not aware that they have a sleep disorder until a loved one notices a problem, symptoms may include:

- Fatigue, lack of motivation and excessive daytime sleepiness
- Anxiety, depression and irritability
- Loud snoring or gasping for air while sleeping
- Pauses in breathing or racing heartbeat during the night
- Restless sleep
- Morning headaches
- Difficulty concentrating or learning
- Waking up frequently
- Nighttime sweating

Sleep Apnea Quiz:

Ask your spouse, friend or a family member to help you answer these questions.

Yes or No (Check one for each question.)

- Do you usually snore loudly?
- Is your snoring interrupted by silence followed by a gasp or snort?
- Do you ever fall asleep or almost fall asleep while driving, at work or during other waking hours?
- Do you regularly have trouble concentrating or remembering?
- Are you experiencing mood or behavior changes?
- Do you often wake up with a headache?

This quiz is not a substitute for proper diagnosis by a qualified healthcare provider.

If you answered yes to any question, take this form to your healthcare provider. Your symptom(s) may be related to sleep apnea or some other health issue. Medical attention is important. Woodland Heights Medical Center is prepared to deliver the medical care you need, close to home – where you need it most.

Common Sleep Disorders Include:

- Sleep Apnea – when a person stops breathing and then starts again many times a night
- Narcolepsy – when a person falls asleep suddenly many times a day
- Chronic Insomnia – when a person has trouble falling asleep or staying asleep night after night
- Restless Legs Syndrome (RLS) – when a person loses sleep because of a restless feeling in the legs