

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, on a scale of 0 to 3?

- Sitting and reading
- Watching television
- Sitting inactive in a public place, for example, a theater or a meeting
- As a passenger in a car without a break
- Lying down to rest in the afternoon
- Sitting and talking with someone
- Sitting quietly after lunch (when you have had no alcohol)
- In a car, while stopped in traffic

Total

A score of less than 10 suggests you are not suffering from excessive daytime sleepiness. A score of 10 or more suggests you may need further evaluation by a physician to determine the cause of your excessive daytime sleepiness and whether you have an underlying sleep disorder.



Located at:

Dr. Joseph and Esther B.
Hartman Sleep Center
Benedictine Hospital Campus
105 Mary's Avenue
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Sleep...



The Dr. Joseph and Esther B. Hartman Sleep Center at the Benedictine Campus

For the approximately one-third of Americans who suffer from some type of sleep disorder, the peaceful slumber of a good night's sleep is an illusive dream. Whether it's difficulty falling asleep, staying asleep, or being excessively sleepy during the day, The Dr. Joseph and Esther B. Hartman Sleep Center at the Benedictine Campus is here to help.

Under the direction of Dr. Subooha Zafar, board certified in Sleep Medicine, our Sleep Center utilizes state-of-the-art technology to collect data on brain waves, heart rhythm, eye movements, muscle activity, breathing, snoring and oxygen levels.

During your sleep study you will sleep overnight in a private bedroom, in our comfortable four-bedroom center. Our professional staff will place a number of painless electrodes on your body to monitor your sleep. Every effort is made to ensure your experience is as pleasant as possible.



Questions and Answers

What is a polysomnogram? A polysomnogram, or sleep study, is an overnight test which measures specific body functions during sleep.

What age can you have a polysomnogram? Anyone can have a sleep study, but patients under the age of 18 must be accompanied by a parent or guardian for an overnight test.

When will my appointment be? Typically, your expected time of arrival will be 8 p.m. and the sleep study will be finished by 7 a.m.

What are the accommodations? You will have your own bedroom with a private bathroom. A separate shower facility is available.

Will I be given a sleeping pill? No. The sleep technologists will not administer any medications. However, you should take any medications as prescribed by your physician.

Will it be painful? No. Equipment used to monitor your sleep is applied to the surface of the skin. There might be a mild skin irritation from the adhesive used to apply electrodes.

What is CPAP? CPAP (continuous positive airway pressure) is a treatment for sleep apnea. It is administered by a device which delivers room air under pressure through a small mask that fits over your nose or in your nostrils to help you achieve a restful sleep.

Common Sleep Disturbances

Snoring is common. Almost half of adults snore at least occasionally. Snoring occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe, creating hoarse or harsh sounds.

Obstructive Sleep Apnea is the cessation or interruption of breathing during sleep. People who suffer from this condition have poor quality of sleep with frequent arousals, blocked airway and reduction in oxygen levels. This condition can cause daytime sleepiness, worsen existing diabetes and trigger high blood pressure, heart attacks and strokes.

Restless Leg Syndrome (RLS) is a condition in which your legs feel extremely uncomfortable while you're sitting or lying down. It makes you feel like getting up and moving around. When you do so, the unpleasant feeling of restless leg syndrome temporarily goes away.

Insomnia includes having trouble falling or staying asleep. It's one of the most common medical complaints. With insomnia, you usually awaken feeling unrefreshed, which takes a toll on your ability to function during the day. Insomnia can sap not only your energy level and mood, but also your health, work performance and quality of life.

Narcolepsy is a chronic sleep disorder characterized by overwhelming daytime drowsiness and sudden attacks of sleep. People with narcolepsy often find it difficult to stay awake for long periods of time, regardless of the circumstances. Narcolepsy can cause serious disruptions in your daily routine.

Delayed Sleep Phase Syndrome (DSPS) is a circadian rhythm (internal clock) disorder. People with DSPS have a sleep pattern that is delayed by two or more hours from what's considered "normal," leading to later bedtimes and wake times. DSPS is more common in adolescents than in the general population.