

Sleep Disorder Institute

Sleep well,
Live better.

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The Sleep Disorder Institute at Good Samaritan Hospital.

Did you know that approximately two thirds of Americans experience sleep problems each week? "Sleep problems" are defined as difficulty in falling or staying asleep, large fluctuations in sleeping schedule or duration, as well as feeling sleepy during the day despite having an adequate amount of sleep the night before.

Sleep problems can lead to poor job performance and accidents. It is also believed that long-term sleep problems may affect the cardiovascular, neurological and endocrine systems.

The Sleep Disorder Institute at Good Samaritan Hospital conducts comprehensive sleep studies to diagnose and treat sleep disorders. Our new state-of-the-art four-bed facility is designed to be warm and home-like so you will be comfortable during your stay. Our Board Certified Director and experienced staff will conduct a test called a Nocturnal Polysomnograph to determine the cause of your sleep problems.

There are many causes of sleep problems, including Insomnia, Obstructive Sleep Apnea Syndrome, Restless Leg Syndrome, Narcolepsy and Circadian Rhythm Disorder. The doctors and staff at the Sleep Disorder Institute will work closely with your primary care physician and other specialists at Good Samaritan Hospital to diagnose and treat your sleep disorder.

For more information about the Sleep Disorder Institute at Good Samaritan Hospital, please call **845-368-5512**.



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