

POOR SLEEP is a SERIOUS MEDICAL PROBLEM!

An inadequate amount of sleep or even just poor sleep can be quite dangerous to your health and can erode your quality of life. Most people don't realize how important sleep really is. Literally every area of your life can be influenced and anyone can be affected.



PHYSICAL AND EMOTIONAL HEALTH

Sleep disorders cause high blood pressure, heart attack, heart failure, stroke and many other health concerns.

You may also be too tired for physical activity such as exercise and your weight may become an issue as well.



RELATIONSHIP ISSUES

Your private life may begin to suffer as many people with sleep and wake disorders are anxious, depressed, irritable, and may develop sexual dysfunction. Don't let your disorder affect your mate, they deserve a good nights sleep as well.



WORK CONCERNS

Many people have been threatened with the loss of their job as a result of their sleep disorder. Chronic fatigue and excessive daytime sleepiness will disrupt your memory, concentration, focus and may prevent you from even remaining awake while on duty.



ACADEMICS

Students suffering from sleep and wake disorders are subject to the same negative consequences. Memory, attention, comprehension, or simply remaining awake are all compromised. Children may develop behavior troubles at home or school and recent data has shown a link between ADD, depression and sleep disorders.



DRIVING DANGERS

Drowsy driving causes serious, and sometimes fatal car accidents. According to a 2005 National Sleep Foundation poll 103 million drivers reported falling asleep at the wheel. Stay awake, alert and alive.



LET OUR FAMILY TAKE CARE OF YOURS.



PURITAN BENNETT ANDMAN

HOME OFFICES:

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972-288-3471 • Fax: 972-288-7445

Multiple locations to serve you.
CALL: 866-511-5678
to find the location closest to you.

Se habla español



Refreshing sleep is not just a dream.



RESTFUL SLEEP.....our only FOCUS.



RESTORING QUALITY SLEEP.....is not just a dream.



Sleep disorders can literally influence every aspect of your life and affects those around you. Work and personal relationships are often strained when someone is too tired to adequately function. Treating your sleep disorder nourishes your physical and mental wellbeing. Social and work relationships can improve with an increased ability to meet obligations. With more energy your ability to engage in physical activities and exercise is enhanced.

SIGNS YOU MAY NEED A SLEEP STUDY:

- Snoring
- Fatigue or excessive daytime sleepiness
- Drowsy driving
- Falling asleep at inappropriate times
- Obesity and or weight gain
- High blood pressure
- Morning headaches
- Anxiety, depression or irritability
- Difficulty falling or maintaining sleep
- Sexual dysfunction or loss of sexual interest
- Restless or creeping feeling in your legs

If you checked two or more of these symptoms tear this page off and give it to your physician or call us toll-free at 866-511-5678.

WHO ARE WE?

We are **SLEEPTRENDS** Diagnostic Centers.

- Our medical director is **Dr. Kayyas**; a prominent Dallas pulmonologist who is board certified in sleep medicine as well.
- We have a competent, courteous and professional technical team with extensive expertise in sleep medicine.
- We have a knowledgeable, courteous, and professional administrative office staff who are here to assist with scheduling, insurance, billing and other issues.
- We will work closely with you and your physician to find the most appropriate treatment for your individual needs; at all times you will receive the best personal service and care.
- We offer a complete continuum of care that includes providing medical equipment and recommending appropriate medical and surgical care. We offer DOT certification, re-certification, and compliance verification.
- Se habla espanol



SO YOUR HAVING A SLEEP STUDY.

HERE ARE SOME ANSWERS TO SOME COMMON CONCERNS.

- We will only attach wires to your body; no needles will be used. You will be able to move around and sleep in most any position during your study.
- Your sleep will be monitored throughout your stay and we will ask you to try to sleep for a while on your back.
- Most studies are overnight, last between 6-8 hours and are over by 6 a.m. Daytime scheduling is available to meet the needs of our patients.
- Guests are not usually allowed, however accommodations for spouses may, at times, be available and a guardian is required during pediatric procedures.
- You will sleep in a private, quiet, clean, comfortable, home-style room and our experience has shown that most people do not require sedation.
- You will be offered coffee, orange juice and a breakfast bar in the morning to help start your day off right.