

OUR MEDICAL TEAM



Austin Ball, MD



John Mitchell, MD



James Carswell IV, MD



Graham Scott, MD



William Dawson Jr., MD



Michael Spandorfer, MD



Jason Gunn, MD



Wayne Vial, MD



INSURANCE

Tests are performed on an outpatient basis. Most insurance plans that cover outpatient procedures such as x-rays, should cover sleep testing. If you have any questions about your coverage, please contact your insurance carrier.

Roper St. Francis will bill your insurance company for you. The cost of testing will vary according to the tests performed and parameters monitored. Patients are welcome to call the Sleep Center at Roper Hospital for more information.

CENTER LOCATIONS

Roper Hospital

316 Calhoun Street, Charleston, SC 29401

Bon Secours St. Francis Hospital

2095 Henry Tecklenburg Drive
Charleston, SC 29414

Roper St. Francis Mount Pleasant Hospital

3500 Highway 17 North
Mount Pleasant, SC 29466

Roper Hospital - Berkeley

730 Stoney Landing Road
Moncks Corner, SC 29461

For more information about our Sleep Center, please call (843) 724-2246.

Roper Hospital is fully accredited by the AASM.



www.rsfh.com/sleep



SLEEP/WAKE DISORDERS CENTER

We spend about one-third of our lives sleeping. The quality of our sleep directly affects our waking hours and many people suffer daily from inadequate sleep.

In fact, over 40 million American adults suffer from chronic sleep-related problems. An additional 20 to 30 million get inadequate sleep. These people complain of persistent sleepiness and chronic fatigue. This irresistible urge to sleep can vary from a severe impairment leading to occupational or driving accidents to moderate daytime sleepiness resulting in drowsiness and sleep in quiet situations such as watching television, reading or attending meetings.

Additionally, these individuals note a deterioration in memory and judgment, and early morning confusion, headaches or nausea. Some have even detected personality changes involving sudden bursts of inappropriate behavior such as irritability, jealousy, anxiety or depression.

Family members often report that these individuals snore loudly at night and note periods when breathing stops. Sometimes, jerky body movements, sleepwalking, night terrors or falling out of bed have been witnessed by relatives.

APPOINTMENTS

Your doctor can make arrangements for testing at a Center location by calling our Central Scheduling department at (843) 402-5000.

ABOUT OUR CENTER

The Roper St. Francis Sleep Center is equipped with specialized equipment to assist in the diagnosis and treatment of sleep disorders. The Center is staffed by eight doctors board certified in sleep medicine, who interpret the tests, a clinical neuropsychologist, registered respiratory therapists and registered polysomnographers.

For your convenience, Roper St. Francis offers testing in four locations throughout the Lowcountry. For Center locations, please see the back of this brochure.

For your comfort, our patient beds are queen size Sleep Number beds by Select Comfort. You choose the number that best suits your body.

Common sleep disorders treated include:

SLEEP APNEA

Obstructive sleep apnea is the most common and frequently occurring sleep disorder. More commonly found in men than in women, sleep apnea is a medical term for frequent and prolonged episodes when breathing stops during sleep, resulting in disturbed sleep.

Left untreated, sleep apnea puts a person at an increased risk for serious medical conditions such as high blood pressure, arrhythmia, heart attack and stroke.

NARCOLEPSY

Narcolepsy is a disease associated with periods of uncontrollable sleepiness during waking hours, often beginning in young adulthoods. Other signs and symptoms include vivid nightmares, sudden loss of muscle tone and momentary paralysis upon awakening.

PERIODIC LEG MOVEMENTS DURING SLEEP

Sudden jerking of the legs during sleep, commonly known as Restless Leg Syndrome (RLS), can cause arousals throughout the night. These frequent arousals can result in a complaint of excessive daytime sleepiness or insomnia. Patients may also complain of a crawling or restless sensation in the legs.

INSOMNIA

Difficulty in initiating or maintaining sleep may result from a variety of disorders. Drug usage (including prescription drugs), alcohol and illness may be causes of insomnia.

For those with a serious, long-term complaint of having a lot of trouble getting to sleep or staying asleep, an evaluation by a board certified sleep specialist is much more beneficial than simply relieving the symptoms with medication.

EVALUATION

An evaluation by one of our board certified sleep specialists may be performed prior to testing. This involves an in-depth interview to discuss your sleep complaints, review your medical history and perform a physical examination.

Following your sleep study, a clinical coordinator will contact you with initial recommendations from the sleep specialist. You will also be able to follow-up with the sleep specialist to discuss test results and treatment options.

The primary tests used during our evaluation of a sleep disorder include:

NOCTURNAL POLYSOMNOGRAPHY

This evaluation requires an overnight stay and consists of continuous monitoring of brain waves (EEG), heartbeat (EKG), eye movements (EOG), muscle activity (EMG), blood oxygen levels, chest and abdominal movement and nasal/oral airflow.

The actual sleep study is an intensive period of monitoring during sleep. Surface electrodes are painlessly attached to the skin using a special glue or tape. You may get up at anytime to use the bathroom or get a drink. A family member or friend is welcome to accompany you until bedtime.

MULTIPLE SLEEP LATENCY TESTING

This test is performed during the daytime, usually following an all-night test and is used to rule out sleep disturbances.

www.rsfh.com/sleep