Sleep Disorders Center

Think it's not important to have a sleep study? **Think again.**

It is estimated that 50 to 70 million Americans suffer from a chronic sleep disorder that may adversely affect not only their quality of life but also their health and even longevity. Proper diagnosis and effective treatment of sleep disorders contribute significantly to optimal management of your health. There are over 80 types of sleep disorders, but the most common is sleep apnea. Sleep apnea is a serious, potentially life-threatening condition. A sleep study is used to determine whether a person has sleep apnea or another type of sleep disorder.

MORE THAN JUST SNORING ➔

Sleep apnea occurs when the soft tissue at the back of your throat collapses and blocks your airway, causing you to frequently stop breathing or to breathe shallowly while you sleep. When this happens, your oxygen levels drop and your sleep is disrupted so that you start breathing again, but this can have serious health consequences. Apneas can disturb an individual's sleep hundreds of times a night without their knowledge.

SERIOUS HEALTH RISKS ➔

Individuals with untreated sleep-disordered breathing have a higher risk of:

- Heart Attack or Death
- Irregular Heartbeat
- Stroke
- High Blood Pressure
- Car Accidents
- High Blood Glucose Levels and Insulin Resistance

SUCCESSFUL TREATMENT CAN:

- Reduce the risk of stroke, heart and blood pressure problems
- Decrease blood glucose levels by decreasing insulin resistance
- Improve the symptoms of GERD (reflux)
- Reduce feelings of daytime fatigue and sleepiness
- Improve the patient and their bed partner's quality of life

Our Services

Our center provides a full range of diagnostic capabilities and the expertise to test for all types of sleep disorders. Our respected clinical quality is signified by our American Academy of Sleep Medicine (AASM) accreditation. Throughout the process, our board-certified sleep specialists, clinical staff and client service professionals are available to answer questions and provide support to you.

FLEXIBLE OPTIONS FOR COORDINATION OF YOUR CARE

Your sleep study will be interpreted by a board-certified sleep specialist and the report will be sent to your physician in an expedited manner. After your sleep study, your physician can request an outpatient consultation with our sleep specialist for treatment coordination and follow-up care.

Prompt and efficient scheduling

Our client service coordinators offer immediate scheduling assistance, from 8 a.m. to 6 p.m., Monday through Friday.

Short lead time for diagnostic tests

Sleep study appointments are usually scheduled within two weeks. Interpretation reports will be sent to your physician in an expedited manner to facilitate prompt care. Your primary care physician will be notified immediately by the Sleep Disorders Center staff if the sleep study reveals a high-risk problem.

RESPONSIVE TO YOUR NEEDS

A patient-friendly environment

We have experienced, informative and caring administrative and clinical staff. We call to confirm appointments to put you at ease and to answer questions.

In our modern, eight bed facility with state-of-the-art technology and handicap accessibility, you will undergo testing in a comfortable private bedroom with a full-size bed, private bathroom and television.

Convenient location with easy access from home or work

We are located on the University of Chicago campus in the Hyde Park neighborhood. The Sleep Disorders Center is located on the fourth floor of the Bernard A. Mitchell adult hospital in the W Corridor near elevator D. Convenient, discounted parking is available.

Simple and convenient appointment process

Call 773-834-5400

from 8 a.m. and 6 p.m., Monday through Friday to schedule an appointment. Appointments for sleep studies are available seven days a week.

To learn more about additional services available at our Hyde Park location, visit: www.uchicagomedicine.org/conditions-services/sleep-disorders

AT THE FOREFRONT
UChicago Medicine