

- Do you **snore**?
- Are you **sleepy** during the day?
- Are you **overweight**?
- Do you wake up with morning **headaches**?
- Do you have **high blood pressure**?
- Are you **irritated, fatigued** or do you have difficulty **concentrating**?
- Do you find it **hard to stay awake** while driving, watching TV, reading a book or attending meetings?
- Do you ever **wake up choking** for air, or have a skipping or **racing heart rate** during the night?

If you answered yes to any of these questions, you may have a sleep disorder. We encourage you to talk to your doctor about these symptoms.

Contact the Sleep Diagnostics Facility

The Sleep Diagnostics facility is located: on the 1st floor of Brookhaven Estates, 2400 Sunrise Ridge Circle on the campus of the Brookings Health System.

Contact the Sleep Diagnostic Facility at (605) 696-7729.



Brookings
HEALTH SYSTEM

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Sleep Diagnostics

A good night's sleep doesn't have to be a dream

inspiring health



Always tired?

Do you wake up feeling like you have not slept at all? You are not alone.

One out of three people do not experience quality sleep during the night and this might be a sign of an undiagnosed underlying sleep disorder.

Everyone deserves a good night's sleep and the Brookings Health System can help.

That is why we have established a comfortable, fully equipped Sleep Diagnostics facility, where professionals use state-of-the-art technologies and equipment to diagnose and treat a wide variety of sleep disorders. Testing is performed in a separate setting from the hospital in a quiet, private and comfortable environment.

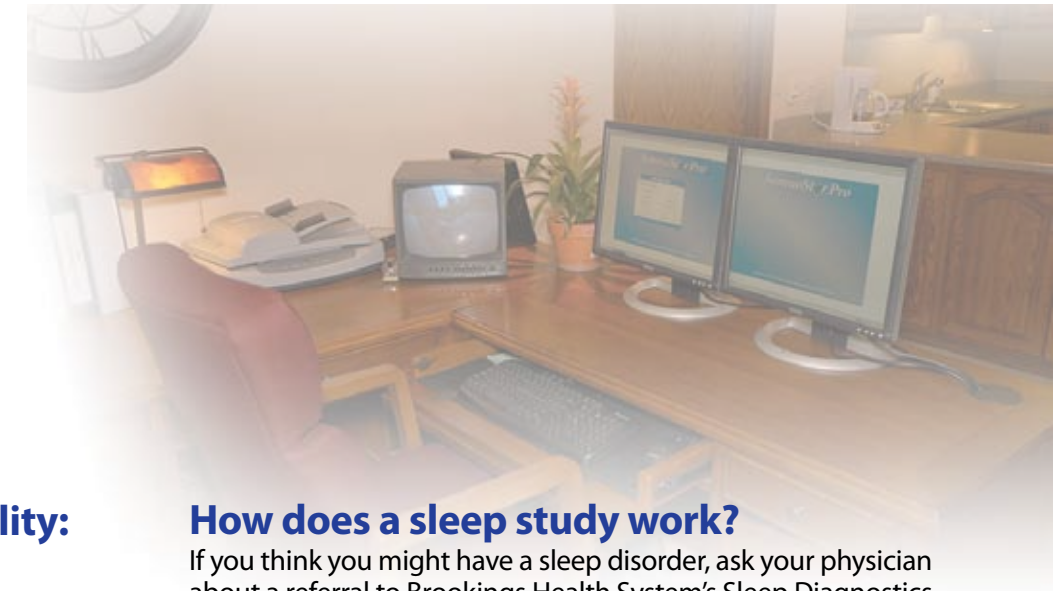
While you are at the Sleep Diagnostics facility, you will feel like you are staying in a tastefully decorated fine hotel room.



Features of the Sleep Diagnostic Facility:

- Ability to test two patients per night
- Quiet and comfortable home-like environment
- Two bedrooms with private bathrooms, and remote controlled color cable TV
- Continental breakfast and coffee provided next morning
- Flexible scheduling

Take a virtual tour of the facility by visiting us online at brookingshealth.org.



How does a sleep study work?

If you think you might have a sleep disorder, ask your physician about a referral to Brookings Health System's Sleep Diagnostics facility. Following consultation with a physician, patients are evaluated at the Sleep Diagnostics facility.

Trained experts will monitor brain waves, breathing patterns, eye movement, blood oxygen levels, and other parameters needed to study sleep. In the days following the sleep study, a specialist interprets the test results and routes the findings to the patient's physician. The tests are interpreted by a board certified pulmonologist who then routes the findings to the patient's referring physician.

