



Sleep Disorder Symptoms

If you...

- Have high blood pressure
- Have morning headaches
- Wake up in the morning feeling non-refreshed
- Have difficulty concentrating and completing tasks at work
- Feel Sleepy during the day
- Feel sleepy or doze off while watching TV, reading, driving or engages in daily activities
- Are awake at night gasping for air or choking
- Are kicking or twitching movements while asleep
- Experience pauses in breathing while you sleep
- Fall asleep while driving

You may have a sleep disorder. If you have any of these symptoms, make an appointment to discuss these symptoms with your physician. After ruling out other possible medical problems, your physician may recommend that you have a sleep study at the sleep laboratory.

If you have any questions about how a sleep study works, please call the Brookings Health System Sleep Diagnostic Facility at (605) 696-7729.