

- 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 health care provider about these symptoms and for a possible referral to the Sleep Diagnostics Facility.

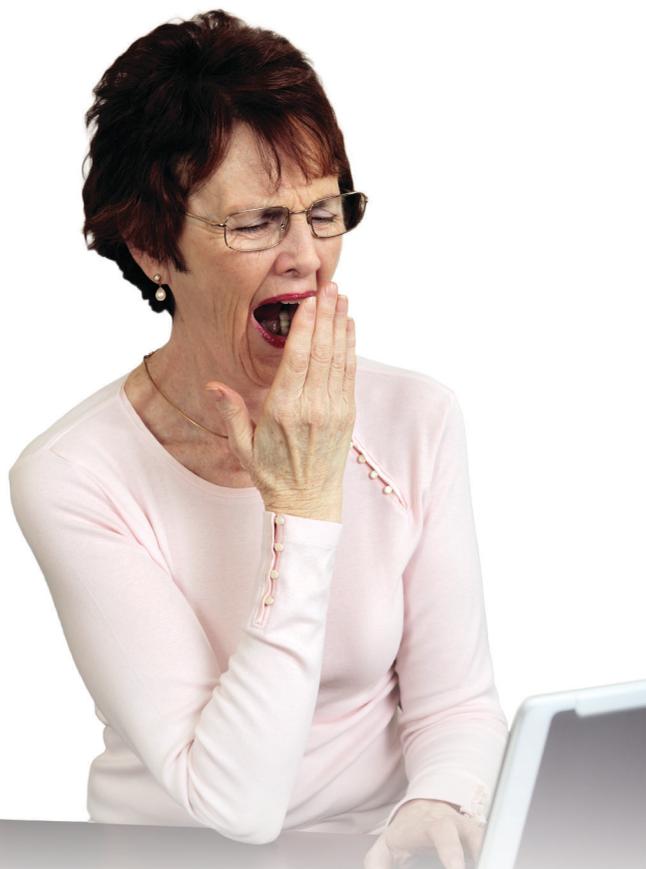
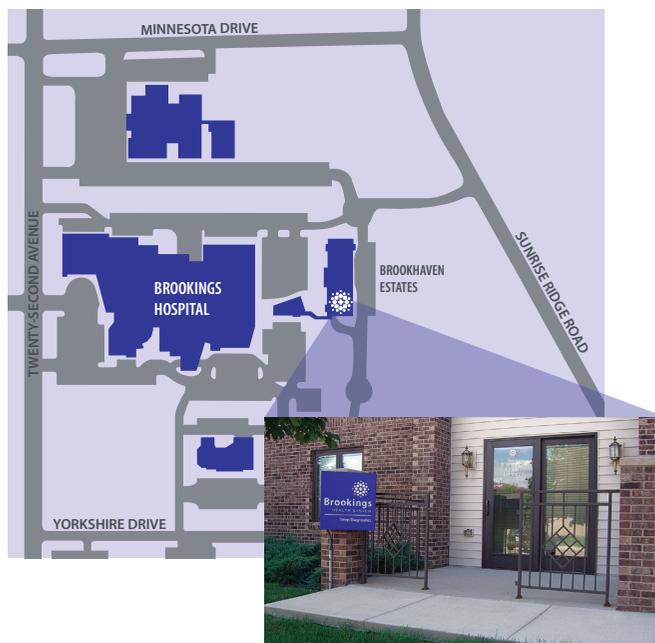
Contact the Sleep Diagnostics Facility

The Sleep Diagnostics Facility is located on the east side of Brookhaven Estates, 2400 Sunrise Ridge Circle. Enter through the Sleep Diagnostics entrance located south of the main entrance.

To reach the Sleep Diagnostics Facility from 22nd Ave:

- Turn East on to Minnesota Drive.
- At Sunrise Ridge Road, turn right.
- Take the first right on to Sunrise Ridge Circle.

Contact the Sleep Diagnostic Facility at (605) 696-8851 or (605) 696-8062 (daytime).



Sleep Diagnostics



Brookings
HEALTH SYSTEM

2400 Sunrise Ridge Circle
Brookings, SD 57006
Phone: (605) 696-8851
brookingshealth.org



Inspiring Health

F-RT-12



Brookings
HEALTH SYSTEM

Always Tired?

Do you wake up feeling like you have not slept at all? You are not alone. More than 40 million Americans suffer from sleep disorders. Unfortunately, most remain undiagnosed, putting them at risk for chronic illness and fatigue.

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

We have established a 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 quiet, private and comfortable sleep suites.

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

Prior to your stay, you will receive a packet of information regarding your overnight sleep study. You will need to complete some of the paperwork and bring it along for your overnight stay.



How do I qualify for an overnight sleep study?

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

Trained experts will monitor and gather physiological data 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. Results are available within 7 to 14 days.

How much does it cost?

Sleep disorder diagnosis and therapy is often covered by insurance. Brookings Health System will check into any pre-authorization requirements needed by your insurance company. However, you will be responsible for finding out how much your insurance company will cover.

Features of the Sleep Diagnostic Facility:

- Ability to test 24/7
- Quiet and comfortable home-like environment
- Sleep suites with private bathrooms, and remote controlled color cable TV
- Voucher for complimentary breakfast at the hospital cafeteria
- Flexible scheduling

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

