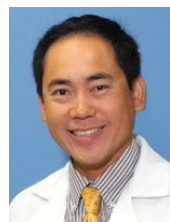


North Valley Hospital's Sleep Lab is a two bed facility with highly qualified & certified staff. During your stay, you will enjoy a relaxing, private "themed" room in one of our Sleeping Laboratories. For your comfort, these rooms look much like your bedroom at home. During your study, electrodes transmit and record your sleep patterns and specific information about your physical activities, such as breathing, brain waves, heart activity and eye and muscle movements. The recording techniques are noninvasive (external) and all electrodes are applied on the skin surface. The entire recording process is painless. The recordings become data which is analyzed by specialized sleep physicians and staff to determine the nature of your sleep disorder.

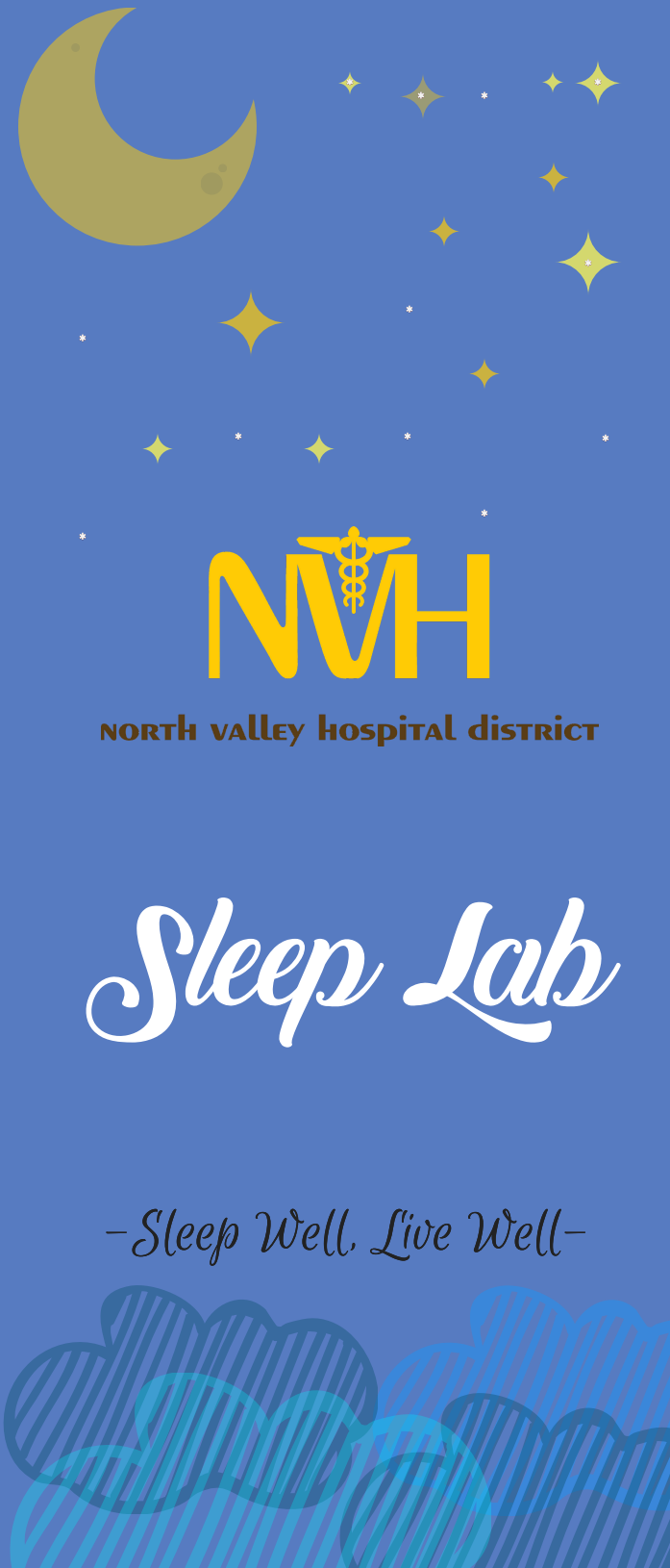
MEET OUR SLEEP SPECIALIST



Dr. Jakdej Nikomborirak ("Dr. Jak"), MD, is board certified by the American Board of Sleep Medicine, as well as board certified in internal and pulmonary medicine. He has been the medical director of numerous sleep centers in the Pacific Northwest and has extensive experience in helping patients find the valuable rest they have been missing.

North Valley Hospital District

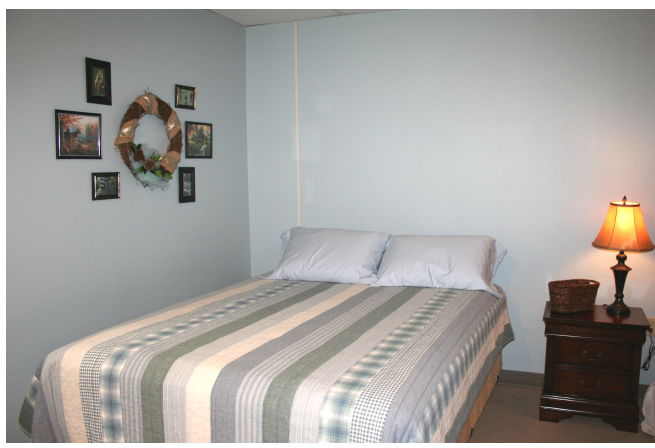
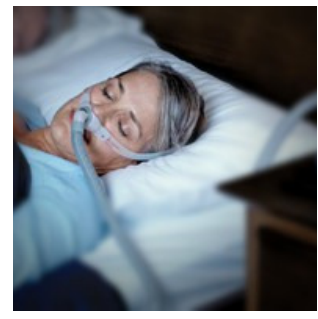
Okanogan County Public Hospital Dist. #4
 203 S. Western Avenue
 Tonasket, WA 98855
 PHONE: 509-486-2151
 FAX: 509-486-3102
www.nvhospital.org



NORTH VALLEY HOSPITAL DISTRICT

Sleep Lab

- Sleep Well, Live Well -



Statistics



84 classifications of sleep disorders exist



78 Million Americans struggle with a chronic sleep disorder



2 Women are twice as likely as men to have difficulty falling and staying asleep.

Millions of people had trouble sleeping last night. Not seeking the appropriate help leads to heightened stress & anxiety, as well as high blood pressure, daytime sleepiness, and in serious cases, psychological issues. Fortunately, most sleep disorders are treatable once they are diagnosed. North Valley Hospital is here to provide those tools to end your sleepless nights.

Talk to your doctor to decide if a sleep analysis is right for you. After you have decided that testing is necessary, call our scheduling department at 509-486-3124

Sleep Studies

POLYSOMNOGRAM

A basic sleep study that simply monitors the patient (Diagnostic Test). The information collected allows the physician to determine whether a specific sleep disorder can be identified.

CPAP TITRATION

Focuses on treatment of sleep apnea (Therapeutic Study). The technician will monitor patient sleeping while gradually increasing the level of Continuous Positive Airway Pressure (CPAP). This eliminates the apneic events observed by simply forming an air splint in the airway, alleviating pressure.

SPLIT NIGHT STUDY

A diagnostic study and the CPAP Titration combined into one exam. If the patient has a significant amount of apneic events, CPAP will be initiated in order to eliminate the apneas.

MULTIPLE SLEEP LATENCY TEST (MSLT)

This test is a series of naps following an overnight "Narcolepsy Diagnostic Test". Upon awakening the patient will be instructed every 2 hours to lie down and rest. If the patient falls asleep, then they are monitored for 15 minutes from that time. This series will be repeated 4-5 times depending on the findings.

Take the Test

Your sleep problems keep you up at night & they keep us up too. Fill out this sleep test to see how we can help.

Name: _____

1. Height:___ Age:___ Weight___
Male/Female

2. Do you snore? Yes No Don't know

3. Has anyone noticed that you have pauses during sleep?
 Yes No Don't know

4. Are you tired after sleeping? Yes No

5. Have you ever nodded off or fallen asleep while driving?
 Yes No Don't know
If yes, how often does it occur?

6. Do you have high blood pressure?
 Yes No Don't know

7. Has your weight changed?
 Yes No Don't know

8. Do you frequently wake up at night?
 Yes No Don't know

If you have answered "YES" to any of the above questions, you should discuss your symptoms with your physician or contact

North Valley Hospital
509-486-2151