

Tips For A Great Night's Sleep

- Keep consistent bedtimes
- Keep consistent wake up times
- Develop a familiar bedtime routine
- Maintain a quiet, comfortable, and dark sleeping environment
- Avoid food and beverages with caffeine (such as chocolate, coffee or soda) less than six hours before bedtime
- Avoid eating or drinking large portions before bedtime
- Exercise regularly during the day, but avoid strenuous activity right before bedtime, as this can cause you to stay awake
- If you do not fall asleep after 15 to 20 minutes of laying in bed, get up and do something relaxing such as reading or listening to soft music
- Try to avoid daytime naps as they can reduce the amount of quality nighttime sleep that you get

Parkway Sleep Center

Parkway Sleep Center is a modern, full-service sleep center serving central North Carolina with locations in Cary, Garner, and Raleigh. Our physicians and technicians are leaders in diagnosing and treating sleep disorders. Our facility features:

- Board Certified Neurologists and Sleep Medicine Specialists
- A Hotel Like Setting With Select Comfort® Beds
- 7 Day A Week Availability
- On-Site CPAP Supplies
- Pediatric Sleep Studies
- Neurodiagnostic Services
- Most Major Insurance Plans Accepted

**Contact Us To Book A
Consultation With A Sleep
Specialist Today**

Parkway Sleep Center

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A photograph of a man in a white hospital gown sleeping peacefully in a hospital bed. The bed has white linens and a pillow. The background is a soft-focus green field.

Parkway Sleep Center

Each time a new patient comes to Parkway Sleep Center, they will rest easy in the care of our experienced, professional, and compassionate staff.

Our Sleep Specialists are physicians trained in the specialty of Sleep Medicine. Whether your physician has referred you for an overnight sleep study in our state-of-the-art facility, or you are seeing our Sleep Specialist for an initial consultation, your health is our primary concern. Our physicians will perform a thorough physical examination, and will also talk to you about your sleep problems. By asking questions about your sleeping patterns, medical history, and background, we will develop a complete portfolio to aid in your treatment.

What To Expect At Parkway Sleep Center

Ongoing, undiagnosed sleep disorders are a serious threat to your health and should not be taken lightly. If a sleep disorder is suspected you may be invited to spend a night in our sleep clinic for a sleep study. A sleep study is a non-invasive test, where your brain waves and sleep patterns are monitored by a trained sleep technician. While you sleep, we collect data that will help us to understand your sleep better. A treatment plan is put together and you will follow-up with either our Sleep Specialist or your referring physician to continue your care. During a sleep study, you may undergo one or more of the following tests: a Polysomnogram, a Multiple Sleep Latency Test, or a Maintenance of Wakefulness Test.

The Polysomnogram (PSG)

During a PSG sensors are placed on your body to monitor brainwave patterns and movement. An elastic belt is placed across your chest to monitor your breathing, and a sensor is placed on your finger to monitor the levels of oxygen in your bloodstream. A sleep technician monitors the readings of these sensors while you sleep, and is also available to unhook you in case you need to go to the bathroom.

Some people may undergo a split night sleep study. In this study you will be awakened in the middle of the sleep and fitted with a CPAP (Continuous Positive Airway Pressure) mask. You will return to sleep and the results of your sleep with the CPAP mask will be compared to the results without the mask.

The Multiple Sleep Latency Test (MSLT)

An MSLT is a daytime sleep test that is usually started between 1.5 and 3 hours after awakening from a PSG. Sensors are placed on your head to monitor your brainwave activity. Sometimes another sensor is placed on your chest to monitor your breathing. An MSLT records when you fall asleep, the stages of sleep you pass through, and the amount of time you spend in each stage. This test is commonly used to diagnose sleep disorders such as Narcolepsy, Idiopathic Hypersomnia, or a Circadian Rhythm Disorder.

Maintenance Of Wakefulness Test (MWT)

During a Maintenance of Wakefulness test you will be fitted with sensors on your head and asked to sit on a bed and look straight ahead. Typically you will be tested four times, for a period of about 40 minutes each. You will be asked to stay awake for this period of time. The test will monitor your levels of wakefulness. If you fall asleep during the test, you will be awakened after 90 seconds, and the test will continue.

This test is usually performed in the daytime following a Polysomnogram.