

# Remember Sleeping Like a Baby?



## Indicators of Sleep Disorder:

- Does it take more than 10-15 minutes to fall asleep?
- Do you wake frequently during the night?
- Do you struggle with daytime sleepiness?
- Do you have a history of high blood pressure?
- Do you snore?
- Have you been told you stop breathing when asleep?
- Are you excessively tired during the day?

**If you answer yes to 2+ questions,  
you may suffer from a sleep disorder.**

## Possible Side Effects of Sleep Disorder Include:

- High blood pressure
- Stroke and heart attack
- Diabetes
- Obesity
- Coronary Artery Disease
- Atrial Fibrillation
- Congestive Heart Failure
- Cardiac Arrhythmia

## Sleep Lab Open House on Wednesday, April 28th Memorial Medical Center - Neillsville

### FREE Sleep Health Consultations, 2:30-6:30pm

- limited to first 20 registered. Call 743-3101 for appointment.
- one-on-one meeting with sleep medicine specialist

### FREE CPAP/BiPAP Clinic, 2:30-6:30pm

- CPAP specialist demonstrates equipment used to treat sleep disorders
- equipment check-ups
- tours of sleep lab

### Sleep Health Seminar, 6:30-7:30pm (Manz Conference Room)

- hosted by Dr. Courtney Whitney of Whitney Sleep Center
- comprehensive presentation on sleep disorders and impacts on your health



**Memorial Medical Center**

Neillsville, Loyal, Greenwood

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