

*"I have a new life!"*

When Richard Ward first came to the Metro Health Sleep Lab, he was extremely fatigued. Daytime exhaustion was affecting his work, his health...his quality of life. He not only snored heavily, his wife was well aware that he had trouble breathing while he slept. Richard was diagnosed with severe obstructive sleep



**Richard Ward**  
Sleep Lab Patient

apnea and started using a special device that helps him breathe normally during the night. The improvement was immediate and dramatic. His treatment truly changed his life.

*"It's hard to believe the difference a good night's sleep has made in my daily life.*

*I am no longer tired during the day, and I know it's having a huge impact on my health and safety. I've got my energy back and am able to enjoy my hobbies again. My breathing device was heaven-sent.*

*I had a great experience at the Metro Health Sleep Lab and am very grateful for the excellent, personalized care.*

*I just wish I hadn't waited so long to get help."*

Are you getting a good night's sleep? Take this simple test to see if your daytime drowsiness needs attention.

### The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to determine how they would affect you. Use the following scale to choose the most appropriate number for each situation.

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

<u>Situation</u>	<u>Chance of Dozing</u>
1. Sitting and reading	_____
2. Watching television	_____
3. Sitting inactive in a public place (theater or meeting)	_____
4. As a passenger in a car for an hour without a break	_____
5. Lying down to rest in the afternoon when circumstances allow	_____
6. Sitting and talking to someone	_____
7. Sitting quietly after a lunch without alcohol	_____
8. In a car, while stopped for a few minutes in traffic	_____
	<b>Score</b> _____

A total score of 10 or more suggests you may need further evaluation by a physician to determine the cause of your daytime sleepiness and whether you have an underlying sleep disorder.



Metro Health Sleep Lab  
HealthPark • 2093 Health Dr., Wyoming, MI 49519  
(in Metro Health Village, M-6 & Byron Center Ave.)  
(616) 252-7264 • metrohealth.net

HELPING PEOPLE SLEEP BETTER...  
AND FEEL BETTER!



SLEEP LAB

# Metro Health Sleep Lab... Improving Sleep and Lives.

## Are you tired during the day? Is snoring an issue? What about trouble falling asleep?

Chronic sleep problems affect some 40 million Americans and have a big impact on health and happiness. That's why the Metro Health Sleep Lab is dedicated to diagnosing and treating sleep disorders and getting patients back on the road to a good night's sleep.

It's a critical issue when you consider:

- The majority of American adults don't get the recommended eight hours of sleep needed for optimal health, safety and performance.
- Insufficient sleep has been linked to medical conditions including obesity, diabetes and hypertension.
- An estimated 1,500 fatalities and 71,000 injuries from motor vehicle accidents on U.S. roads every year are the result of drowsy driving.
- Sleep deprivation costs Americans more than \$100 billion annually in lost productivity, medical expenses, sick leave and property damage.
- Snoring and daytime tiredness could be the result of obstructive sleep apnea, a serious disorder characterized by brief interruptions of breathing during sleep.



Source: National Sleep Foundation

## The Metro Health Sleep Lab

Conveniently located on the lower level of the HealthPark building in Metro Health Village, the new and improved sleep lab provides easy access and plenty of free parking. The lab has helped thousands of people improve their sleep since its inception in 1992, and now the specialized staff has additional testing rooms and new cutting-edge monitoring equipment.

You can count on our team to provide consultations and sleep studies in a timely manner, as well as a thorough follow-up program to ensure treatment success. The sleep lab's hotel-like setting includes:

- 10 beds available for sleep studies Sunday-Friday (excluding holidays) and select daytime hours
- Spacious testing rooms with private bathrooms, temperature controls, adjustable beds, flat-screen TVs and infrared cameras for careful monitoring
- A special suite designed to allow caregivers to spend the night close to a disabled or elderly patient

## What to expect

A visit to the sleep lab begins with a consultation with one of our specially trained sleep medicine physicians. An overnight visit for a sleep study may be recommended. During the study, sleep technicians will monitor brain waves, eye movement, muscle activity, heart rate and a number of other conditions throughout the sleep cycle. After a study, patients will meet again with the doctor to discuss treatment options. Those can include changes to the sleep environment, recommendations for improved sleep hygiene, weight loss, surgery and the use of specialized equipment to facilitate proper breathing during sleep.



William Katz, MD, evaluates more than 20 readings taken during a sleep study.

## Our Staff

**William Katz, MD**, is the medical director of the Metro Health Sleep Lab. He is a pulmonary disease specialist and board certified in sleep medicine.

**Dale Coller, DO**, director of intensive care services at Metro Health Hospital, is a pulmonary disease and intensive care specialist. He is also board certified in sleep medicine.

Patients will also receive excellent care from our team of experienced sleep technicians who prepare patients for their sleep studies and carefully monitor them during the process.

*If you feel you're not getting a good night's sleep, we encourage you to talk to your doctor. You can also call the Metro Health Sleep Lab at (616) 252-7264.*