

5 Signs You Should Participate in a Sleep Study

Is sleeping less than seven hours on a daily basis normal? According to the CDC more than a third of American adults are receiving less sleep daily than what is recommended to promote optimal health and well being. While a lack of sleep on average may have become the norm in today's rapid moving society, it does not negate the fact that sleep deprivation can seriously impact our health. According to experts, consistently losing sleep can cause serious detriment on one's physical and mental well-being. Loss of sleep may often result in "short- and long-term" health issues/consequences, including but not limited to: affects on judgment, mood, ability to learn and retain information, and an increased risk in obesity, diabetes, cardiovascular disease and even mortality. Sleep studies have continually revealed that individuals who suffer from sleep disorders are at an increased risk of various diseases and health issues.

So when should you seek help if you are not getting the recommended duration of sleep?

- If it takes longer than 30 minutes to fall asleep on 3 or more nights per week
- Awakenings during the night more than 2 nights per week
- Falling asleep during the day unintentionally
- Bed partner reports of excessive limb movement, loud snoring or cessation of breathing
- If you have experienced dozing while you are driving or stopping in traffic
- If you score above 10 on the Epworth Sleepiness Scale

If any of the above descriptions applied to your sleep habits, it is nationally recommended to seek a sleep study in order to be fully aware of what may be attributing to your trouble sleeping. Sleep disorders and insufficient sleep have serious personal and societal consequences. Sleep is not negotiable, and one must take anyone's complaints regarding poor sleep seriously. Practicing good personal sleep hygiene is very important, and here at Project Rose we have state of the art sleep study facilities in order to achieve the most accurate results for our patients.

Project Rose Research Institute *for Sports Science* specifically specializes in sleep studies, among other things, and makes sure we help you discover the source of your sleep issues. Project Rose offers up-to-date and effective treatment strategies, so our patients get the rest they need. Our sleep experts diagnose a variety of sleep disorders, including sleep apnea. Project Rose Sleep Program will help you explore a variety of state-of-the-art solutions to your sleep problems. If you or a loved one is experiencing any of the symptoms mentioned above, contact us today to schedule an evaluation so that Project Rose can better serve your sleep needs.

Epworth Sleepiness Scale

Name: _____ Today's date: _____

Your age (Yrs): _____ Your sex (Male = M, Female = F): _____

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently try to work out how they would have affected you.

Use the following scale to choose the **most appropriate number** for each situation:

- 0 = would **never** doze
- 1 = **slight chance** of dozing
- 2 = **moderate chance** of dozing
- 3 = **high chance** of dozing

It is important that you answer each question as best you can.

Situation	Chance of Dozing (0-3)
Sitting and reading _____	_____
Watching TV _____	_____
Sitting, inactive in a public place (e.g. a theatre or a meeting) _____	_____
As a passenger in a car for an hour without a break _____	_____
Lying down to rest in the afternoon when circumstances permit _____	_____
Sitting and talking to someone _____	_____
Sitting quietly after a lunch without alcohol _____	_____
In a car, while stopped for a few minutes in the traffic _____	_____

THANK YOU FOR YOUR COOPERATION

Citations:

<https://www.sleepfoundation.org/>

<https://www.sleepfoundation.org/articles/sleep-studies>

<https://www.health.harvard.edu/staying-healthy/sleep-apnea-solutions>