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SLEEP DISORDERS CENTER



STOP-BANG Questionnaire

Below is the STOP-BANG (Snoring, Tiredness during daytime, Observed apnea, high blood Pressure, Body mass index, Age, Neck circumference, Gender) questionnaire. A high risk of sleep apnea is defined as a score of 3 or more "Yes" answers. A low risk of sleep apnea is defined as a score of less than 3.

Snoring

Do you **snore** loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?

Yes

No

Tired

Do you often feel **tired**, fatigued or sleepy during the daytime (such as falling asleep during driving)?

Yes

No

Observed

Has anyone **observed** you stop breathing or choking/gasping during your sleep?

Yes

No

Pressure

Do you have or are you being treated for High Blood **Pressure**?

Yes

No

BMI

Body Mass Index more than 35 kg/m²?

Yes

No

Age

Age older than 50 years old?

Yes

No

Neck size

For male, is your **neck** 17 inches or larger?
For female, is your **neck** 16 inches or larger?

Yes

No

Gender

Gender = Male?

Yes

No

Score _____

QUALITY SLEEP MEDICINE FOR ADOLESCENTS & ADULTS

If you experience occasional or frequent problems with sleep, you are not alone. Almost one-third of all Americans have a sleep problem. Sleep disorders can impact many areas of your life, causing poor job performance, high blood pressure, memory loss, depression and excessive sleepiness during the day. While most sleep problems are not life-threatening, some can result in serious medical conditions.



The Northside Sleep Disorders Center proudly offers comprehensive care and customized solutions to meet each patient's needs.

EVALUATION

We can work with your physician, who will be asked to send us your recent medical records, or you may contact us directly. Most of the time a referral from a physician is not needed. During your office visit, one of our doctors will review your records and ask you to provide a sleep history and description of your symptoms. We may ask you to undergo a study in our sleep lab or at home to discover what is actually happening while you sleep. During a sleep study, each patient stays in a hotel-like private room, some equipped with a full bathroom and shower. We will review your sleep study results with you to create a personalized treatment plan.

TREATMENT

We offer a wide variety of treatments for sleep disorders. Short-term treatment is available for insomnia problems while other sleep/wake disorders may require treatment ranging from medication to medical equipment to surgery.



COMMON SLEEP DISORDERS

Insomnia

Difficulty falling asleep or staying asleep; waking earlier than desired. Insomnia can be caused by a variety of medical and/or behavioral factors such as shift work, stress, tension or poor sleep habits.

Snoring & Sleep Apnea

Brief pauses in breathing throughout the night; snoring, snorting and gasping for breath. Sleep apnea can result in daytime sleepiness and increased risk of heart attack, high blood pressure and stroke.

Excessive Daytime Sleepiness

Struggling to stay awake during the day, reduced productivity, memory problems and/or depression.

Narcolepsy

Sleep attacks; sudden muscular weakness in response to strong emotions; vivid dreams or brief paralysis upon falling asleep or awakening.

Restless Leg Syndrome & Periodic Limb Movements

Leg thrashing or moving about despite attempts to keep legs still or make them comfortable; aching muscles upon awakening and/or creeping /crawling sensations in legs.

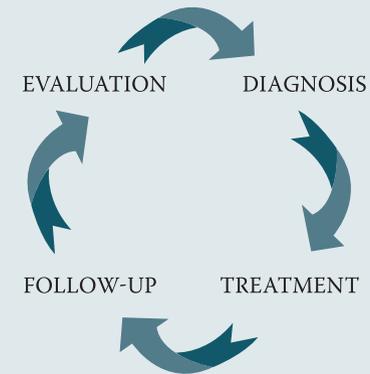
Parasomnias (Unwanted Behaviors in Sleep)

Sleepwalking, sleep eating, night terrors and severe recurrent nightmares that occur when the brain is partially asleep.

INSURANCE COVERAGE

Most insurance companies cover evaluation and treatment for sleep disorders. We suggest that you contact your insurance carrier for your specific policy coverage. We will verify coverage upon request.

Northside Hospital's Sleep Disorders Center is the first fully-accredited sleep center in Georgia. Our highly specialized team of sleep professionals utilizes the latest technology in diagnosing and treating sleep/wake disorders.



LEARN MORE ONLINE: HEALTHCAST

Did you know you can watch Northside's sleep specialists discuss topics related to sleep such as drowsy driving, obesity and menopause?

To learn more, visit northside.com/sleep

INSIDE OUR CENTERS:

- Evaluation, diagnosis, treatment and follow-up
- Hotel-like atmosphere with private bathrooms and showers available
- Home sleep testing available
- Best CPAP compliance rate in Georgia with onsite specialists
- Breakfast in bed is complimentary

