

# The Big Sleep



Everybody wants more sleep and nobody can seem to get enough. In reality, more than 60 million Americans have sleeping disorders. **Chris Apergis**, director of West Boca Medical Center's (WBMC) Adult and Pediatric Sleep Diagnostic Center talks to *Boca Raton* about the problems associated with sleep disorders and how to get that elusive good night's rest.



## WHAT IS THE SLEEP DIAGNOSTIC CENTER?

Our program is designed to get to the root of a patient's sleep troubles and develop an individualized treatment plan. Our mission is to provide comprehensive high-quality care and offer state-of-the-art diagnostic testing with private, hotel-like rooms with flat-screen TVs and wireless Internet. The staff at WBMC includes board-certified and board-eligible sleep physicians that specialize in adult and pediatric sleep medicine.

## WHO COMES TO THE CENTER AND WHY?

Most patients are referred to our sleep centers by their primary physician. Proper diagnosis of sleep disorders requires an overnight of sleep study or Polysomnogram (approximately five to seven hours). A polysomnogram is a continuous recording of selected body functions during sleep. The test also records brain waves, eye movement and muscle tone. Together they determine sleep stages. Heart rate and rhythm, sleep movement, snoring and sounds are monitored in patients with sleep apnea. Breathing and oxygen and CO2 levels also are recorded.

## AFTER GETTING RESULTS FROM THE POLYSOMNOGRAM WHAT IS THE NEXT STEP?

Some problems that are diagnosed are Circadian Rhythm Disorders, insomnia, sleep apnea, Continuous Positive Airway Pressure (CPAP), narcolepsy, Restless Leg Syndrome and nightmares and night terrors. Your doctor or our sleep specialist will talk about any physical or emotional problems, medications, treatments and lifestyle to help determine how to get better sleep.

## WHAT IS THE LATEST TECHNOLOGY AVAILABLE AT THE CENTER?

We have new, state-of-the-art sleep monitoring equipment and software that was custom designed for our labs to meet new standards of American Academy of Sleep Medicine (AASM). We also have continuous video and audio with each study.

## WHAT ARE THE DIFFERENCES IN TREATING ADULTS AND CHILDREN?

Adult and pediatric patients are monitored and treated in two separated labs. The consequences of sleep disorders in children can be serious—from behavioral concerns and academic failure to delayed growth, failure to thrive and cardiovascular problems. Special accommodations are made for parents to stay with children who are being tested.

