



*Do I have a sleep disorder?
Ask yourself,
“Do I or does my child...”*

- snore?
- wake up feeling tired?
- wake up with a headache?
- feel drowsy during the day?
- fall asleep unintentionally?
- wake often during the night?
- stop breathing while asleep?
- have leg twitches during sleep?
- have difficulty falling asleep?
- have difficulty staying asleep?
- have high blood pressure?
- have a weight gain or are overweight?
- sleepwalk?
- have vivid nightmares?
- have behavior or learning problems?
- have irritability, hyperactivity or inattentiveness?

If you answered “yes” to two or more of these questions, The Sleep Center at Westchester Medical Center may be able to help you.

How do I schedule a sleep study?

Information
914.493.1105
WestchesterMedicalCenter.com/sleep-center

Adult Consultations and Appointments
914.493.7518

Pediatric Sleep Specialist Consultations
914.493.7585

About Westchester Medical Center, flagship of the Westchester Medical Center Health Network (WMCHealth)

Westchester Medical Center is the premier provider of advanced medical care in New York’s Hudson Valley. The flagship of the Westchester Medical Center Health Network, this 895-bed academic hospital in Valhalla, NY, provides local residents with acute-care services, Level I trauma and burn care, organ transplants and advanced neurovascular procedures and more, found nowhere else in the region. Westchester Medical Center is the primary referral facility for other Hudson Valley hospitals and serves as a lifeline for more than 3 million. Visit WestchesterMedicalCenter.com or follow Westchester Medical Center at [Facebook.com/WestchesterMedicalCenter](https://www.facebook.com/WestchesterMedicalCenter) or [Twitter.com/WestchesterMed](https://twitter.com/WestchesterMed).

The Sleep Center at Westchester Medical Center



Expert, Personalized Solutions for a Healthy Night’s Sleep

For an appointment,
please call 914.493.1105

Taylor Pavilion North
Ground Floor, Suite N013-N026
Valhalla, NY 10595

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Not only do sleep disorders affect quality of life, they can affect life itself!

Sleep is essential to good physical and mental health. The Sleep Center at Westchester Medical Center, flagship of the Westchester Medical Center Health Network (WMCHealth), offers full-service, state-of-the-art care for diagnosing and treating sleep disorders.

The Sleep Center's trusted adult and pediatric physicians customize care for every patient, from newborns to senior citizens, all with the goal of improving quality of life. Patient comfort is prioritized first and foremost, and services are provided in a contemporary, comfortable setting conveniently close to where patients live and work.

About 33 percent of Americans suffer from a sleep disorder. Untreated sleep disorders increase the risk of obesity, hypertension and depression and can lead to poor school performance, irritability, job impairment, industrial accidents and driving fatalities. For parents, nothing is more important than a child's well-being. Yet, many parents are unaware that a child may be at risk while asleep. The American Academy of Pediatrics recommends that children who snore be evaluated for a sleep disorder.

The Sleep Center

The Sleep Center at Westchester Medical Center is accredited by The American Academy of Sleep Medicine.



The newly remodeled Sleep Center in Taylor Pavilion North consists of five comfortably appointed and private bedrooms, each with televisions and Wi-Fi access. The Sleep Center has accommodations for parents of its pediatric patients, designed to enhance their comfort and enabling them to support their child.

The Sleep Study

The sleep study is non-invasive and painless procedure. During the overnight study, a licensed sleep technologist monitors each patient's brain waves, heartbeat and breathing patterns. Results are evaluated by the Sleep Center's board-certified sleep physicians, who work with your doctor to recommend treatment options.

Trust the Sleep Center at Westchester Medical Center — and rest assured that quality care and great sleep are ahead.

What are some common sleep disorders?

Obstructive Sleep Apnea

Common in both adults and children, OSA is a condition in which a patient's airway collapses during sleep.

Snoring

Snoring results from loose tissue in the throat that vibrates as we breathe. It's important to note that almost all patients who have sleep apnea snore, but not all patients who snore have sleep apnea.

Periodic Limb Movement Disorder

With this condition, muscles in the leg and arm contract involuntarily throughout the night, causing arousals and daytime fatigue.

Restless Legs Syndrome

This neurological condition is characterized by an incessant "creeping or crawling" sensation felt in the calves of the legs, which can only be relieved by movement.

Parasomnias

These conditions include involuntary night-time behaviors such as sleepwalking, sleep-talking, bedwetting, REM behavior disorder (acting out dreams), night terrors and panic attacks.

Insomnia

One in three adults suffers from insomnia, the inability to fall asleep or to maintain sleep throughout the night. Virtually everyone suffers from insomnia at one time or another. Behavioral insomnia is also very common in adolescents, affecting 25 percent of children. Difficulties initiating sleep and night-time awakenings frequently result in inadequate sleep and can lead to negative effects. However, if insomnia becomes a persistent problem, this should be professionally addressed.

