

Epworth Sleepiness Scale

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.

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

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

Take this test, fill in your answers and see where you stand.

Situation	Chance of Dozing or Sleeping
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
<i>Total score (add the scores up)</i> (This is your Epworth score)	_____

If you believe you may be suffering from a sleep problem, discuss the matter with your physician. He or she can make a referral to one of the OLBH Sleep Labs for an in-depth study.

The professionals of the OLBH Sleep Labs have helped thousands of people overcome sleep related health difficulties and can help you get the restful sleep you deserve.

For more information,
call the *CareLine* at
(606) 833-CARE (2273)
or visit our web site at
www.olbh.com



Sleep Lab

Patient Guide



SLEEP LAB



OUR LADY OF BELLEFONTE HOSPITAL
Bon Secours Kentucky Health System

What to Expect

Are you tired no matter how much sleep you get? Do you snore? Wake up with a headache? Gasp for air in your sleep? If you've experienced any of these problems, or others, you may have a sleep disorder. Sleep disorders can put you at a greater risk for heart attack, stroke, diabetes, fibromyalgia, hypertension and sexual dysfunction.

The staff of the Our Lady of Bellefonte Hospital Sleep Labs are committed to resolving sleep-related health problems so patients can be more productive and healthy. The center offers evaluations for adults and children, ages two and up. Using advanced, state-of-the-art diagnostic technology, the OLBH Sleep Labs are equipped to diagnose and treat all types of sleep related health problems, including:

- sleep apnea
- excessive sleepiness
- breathing disorders
- narcolepsy
- insomnia
- fatigue
- snoring

Experienced Staff

The OLBH Sleep Labs are proud to offer technologists registered in sleep medicine. The staff is highly trained, experienced and eager to help patients overcome sleep disorders. The staff and the Labs offer hours that are convenient for all, with day and night time accommodations.



OLBH Sleep Lab
On-Campus Staff



OLBH Sleep Lab
Ashland Staff



The OLBH Sleep Labs are designed for your optimum comfort, to make you feel at home.

Upon arrival at one of the OLBH Sleep Labs, you will be greeted by one of our highly trained and compassionate technologists. The technologist will orient you to your room and ensure you are comfortable with your surroundings and accommodations. Your room for the night is similar to the pictured bedroom, and includes a television. The rooms are designed to provide the utmost comfort during your stay.

Sleep studies, also called a polysomnogram, are non-invasive. The technologist will place tiny electronic sensors to your skin in various locations on your body such as the scalp, near your eyes and nose and on the chest. Also, electrodes are placed on both legs to measure leg movement during sleep. The technologist will carefully explain what each sensor and electrode measures as it is applied. The sensors and electrodes are painless and you are free to move about your room as needed once connected to the devices.



Sleep Studies for Children

The OLBH Sleep Labs are designed to diagnose sleep disorders in both adults and children, ages two and up. Symptoms of sleep disorders in children include:

- Irritability
- Snoring
- Sleepwalking
- Bedwetting
- Sleep apnea
- Difficulty falling or staying asleep
- Excessive daytime sleepiness
- Problems in school
- Attention deficit
- Hyperactivity
- Night terrors

If left untreated, sleep problems can lead to behavior and health problems. It is important to talk to your child's physician at the first sign of problems.

Certified Physicians

The OLBH Sleep Labs offer the only board certified sleep medicine physicians in the Ashland area with wide experience in treating the different aspects of sleep disorders. A certification in sleep medicine is testimony to the specialized training and broad knowledge and expertise in diagnostic and treatment skills of sleep related difficulties.

*Top: Dr. Mohamad Abul-Khoudoud
Bottom: Dr. Michael Ehrie*



Locations

OLBH Sleep Labs are at two convenient locations:

Sleep Lab – OLBH Campus

118 Saint Christopher Dr.
Ashland, Ky. 41101
(606) 833-3993



Sleep Lab - Ashland

2920 Winchester Ave.
Ashland, Ky. 41101
(606) 327-8841

