



**Don't just dream  
of higher-quality sleep.**

**“Many of our patients with sleep disorders don’t realize there’s another way of life, a better way, until they are treated.”**

**Robert Israel, M.D.**  
*Medical Director*  
*Unity Sleep Disorders Center*

## **The first step to better health is a better night's sleep.**

Sleep is one of the most important – but most neglected – aspects of your health. In fact, untreated sleep deficits have been linked to serious health problems like heart disease, diabetes, obesity, renal disease, chronic obstructive pulmonary disease (COPD), hypertension, and stroke. Sleep deficits have also been linked to poor work performance, driving accidents, and mood problems like anger and depression.

But the good news is that with successful treatment of a sleep disorder (allowing you to sleep properly), you should expect to see reductions in these risks.

## Not sure if you have a sleep disorder?

Below is a list of common disorders and their symptoms. If you experience any of these (or symptoms you think are unrelated, like anger and depression) talk to your doctor about the benefits of a sleep study.

- **Sleep Apnea** – Condition in which breathing is repeatedly interrupted during sleep.
  - legs and a periodic urge to move your legs. It is usually strongest at night.
- **Narcolepsy** – Disorder of the nervous system resulting in frequent, involuntary sleep during the day. Sleep attacks can occur while driving, talking, or at work.
- **Restless Leg Syndrome** – Syndrome marked by unpleasant sensations in the
  - **Insomnia** – A lack of, or poor quality of sleep including trouble falling asleep, difficulty staying asleep, or waking in the middle of the night or very early in the morning.
  - **Snoring** – Sound produced by obstructed breathing during sleep. If others tell you that you snore, thank them for their help.

Other unpleasant symptoms linked to sleep disorders include: nightmares, sleepwalking, and changes in the sleep/wake rhythm.

## No matter what your sleep disorder is, we can help.

You don't have to live with a sleep disorder. For more than 29 years, we have diagnosed and treated patients with sleep-related disorders including insomnia, restless leg syndrome, nighttime awakenings, daytime sleepiness, nightmares, and, of course, sleep apnea. We were the first sleep center in Rochester to achieve accreditation by the American Academy of Sleep Medicine and have had ongoing accreditation since 1985. All our physicians are board-certified in sleep medicine.

Our highly trained specialists will develop a customized treatment plan just for you. Many effective treatment approaches involve simple changes in daily habits or work schedules and do not include medicine.

# How will I know if I need a sleep study and what can I expect?

## 1. The first step – evaluation:

The first step to better sleep is to schedule an evaluation appointment by calling (585) 723-7963. You'll meet with a sleep specialist who will ask questions about your quality of sleep, sleep habits, and how sleep problems may affect your life. If more information is needed, your doctor may recommend a sleep study as a next step.

## 2. The sleep study at Unity:

We conduct sleep studies at both of our locations: **Brighton** and **Greece**.

All of our rooms are appointed like hotel rooms with private bathrooms, cable TV (tip: skip the scary movie), plush robes, and comfortable beds. The more comfortable you are, the easier it will be for you to relax and fall asleep – and for us to find out what's going on.

You'll come in at 8 p.m. with your own pajamas and any medications you require before bed. A specially trained technician will place painless sensors at strategic spots on your skin. These sensors connect to equipment that records your brain activity, eye movements, muscle activity, heart activity, breathing effort, and blood oxygen saturation while you sleep. You can bring a book or watch TV to help you

relax before you go to sleep. A camera may be used to observe your sleep throughout the night. The camera provides useful diagnostic information about unusual body or leg movements, difficulty in breathing, or, of course, sleepwalking. If you feel particularly uncomfortable about being viewed while you sleep, don't hesitate to talk about your concerns in advance.

An intercom allows you to communicate with the technician in the next room.

## 3. The results:

It takes about two weeks for our specialists to properly analyze the data from your sleep study. You will return for a follow-up appointment to discuss our findings and recommendations. Many patients see immediate results from treatment. But no matter what treatment approach is recommended, we will continue to follow up to make sure your treatment is working and you are sleeping better.

## Is a sleep study covered by my insurance?

The short answer is, probably. Most insurance plans, including Medicare, cover sleep disorder evaluations and treatment. However, you may need a referral from your doctor. Contact our office for further information.

# Unity Sleep Disorders Center

**How health care should be**

**[unityhealth.org/sleepdisorders](http://unityhealth.org/sleepdisorders)**

**(585) 723-7963**

## **Brighton**

Clinton Crossings, Building A  
919 Westfall Road, Suite A100  
Rochester, NY 14618

## **Greece**

Unity Park Ridge Health Care Campus  
Professional Office Building  
1561 Long Pond Road, Suite 408  
Rochester, NY 14626

*At Unity Health System you'll find the friendliest and most compassionate people dedicated to providing the best possible health care experience in over 70 locations. Key programs include Unity Hospital's Joint Replacement Center, Family Birth Place, Spine Center, Diabetes Center, Stroke Center, Brain Injury & Physical Rehabilitation, and Chemical Dependency. Unity Center for Aging provides a comprehensive range of services for older adults using the most innovative approaches in elder care. ACM Medical Laboratory is an industry leader in patient and clinical trials testing. For more information, visit [unityhealth.org](http://unityhealth.org).*