



How restful is your sleep?

Please discuss any of these symptoms with your doctor. You may have a sleep problem that can be diagnosed and treated to help improve your health.

- Are you excessively sleepy during the day?
- Do you gasp, snore or pause in your breathing while you sleep?
- Do you wake up tired and not refreshed?
- Are you fatigued?
- Do you wake up frequently from sleep?
- Do you wake up with headaches?
- Is your neck size larger than 16 inches (women) or 17 inches (men)?
- Have you ever fallen asleep or nodded off at a stoplight or while driving?

Directions



9395 Crown Crest Boulevard, Parker, CO 80138
Main Phone: 303-269-4000

Parker Adventist Hospital is located on the southeast corner of Parker Road and E-470 in Crown Point.

Traveling West on E-470

Exit at Parker Road turning left and then left on Crown Crest Blvd.

Traveling East on E-470

Exit at Parker Road. Go straight across Parker Road to Crown Crest Blvd.

Our Mission

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

The Sleep Disorder Center Parker Adventist Hospital



9395 Crown Crest Boulevard, Parker, CO 80138
Phone: 303-269-4188
Fax: 303-269-4189

parkerhospital.org

The Sleep Disorder Center Parker Adventist Hospital



Up all night, down all day.



*Parker Adventist Hospital
Sleep Disorder Center can help
you get the sleep you need.*

Take control of your sleep.

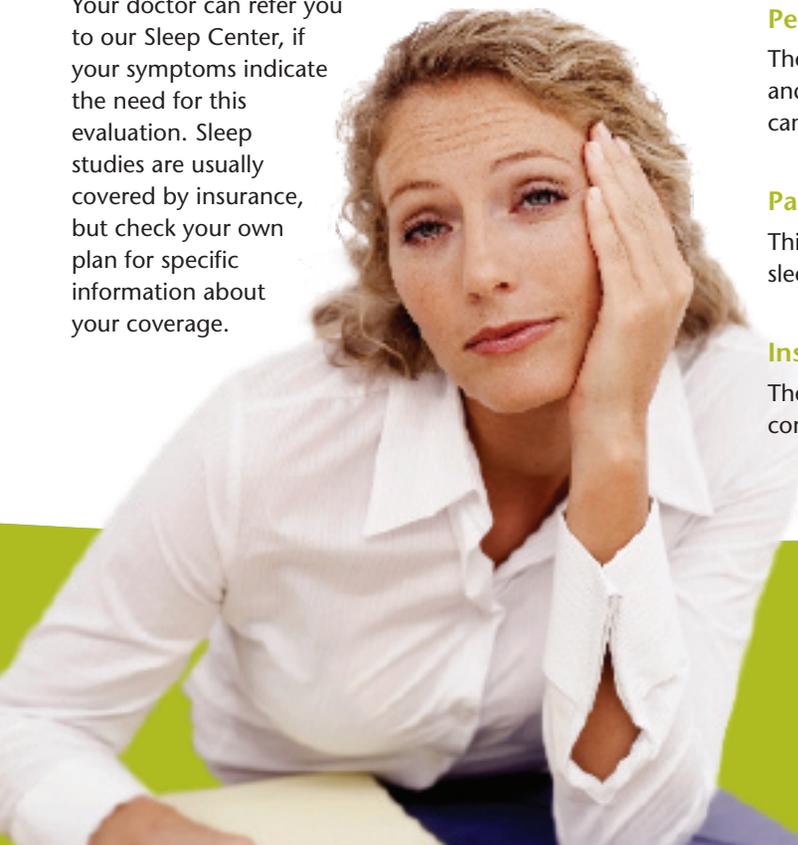
The quality of your sleep directly affects the quality of your life. You could be among the more than 40 million people who have chronic sleep problems that affect your personal safety, productivity and ability to enjoy daily living.

Sleep problems are also connected with serious conditions such as coronary heart disease, diabetes, high blood pressure, impotence, memory issues and mood changes.

Fortunately, most sleep problems can be treated. The Parker Adventist Sleep Disorder Center provides sleep study services that will give your doctor the information he or she needs to treat you successfully.

Talk to your doctor

Your doctor can refer you to our Sleep Center, if your symptoms indicate the need for this evaluation. Sleep studies are usually covered by insurance, but check your own plan for specific information about your coverage.



Most common sleep disorders are treatable.

While there are more than 70 distinct sleep disorders, these are the most common:

Obstructive Sleep Apnea (OSA)

The person who has OSA usually has loud, frequent snoring and experiences pauses in breathing as they sleep. Often, those with OSA also have daytime sleepiness.

Narcolepsy

This is characterized by attacks of an irresistible urge to sleep at unexpected times and severe daytime sleepiness, often also accompanied by intermittent muscle weakness and sleep-related vivid dreams.

Restless Leg Syndrome (RLS) and Periodic Limb Movements (PLM)

These are involuntary leg or arm movements before and during sleep which disrupt sleep patterns and can lead to daytime sleepiness.

Parasomnias

This is the name for a group of sleep issues including sleepwalking, night terrors and acting out dreams.

Insomnia

The inability to fall asleep or stay asleep is the most commonly reported sleep disorder.

The quality of your sleep directly affects the quality of your life. Luckily, most common sleep disorders are treatable.

Our program provides expert care.

At Parker Adventist Hospital, you can have confidence in your care and evaluation. Board-certified physicians direct the sleep disorders program and evaluate your results.

Having a sleep study in a hospital setting offers the highest degree of safety and security, especially for those who have more complex medical problems such as cardiac disease. Also, a board-certified RT/RPSG trained sleep technologist and respiratory therapist will supervise your overnight stay and will care for no more than two patients each night. You'll appreciate the personalized care and the safety of the environment of beautiful Parker Hospital.

Rooms

Sleep study tests require an overnight stay in a private, beautifully decorated room. You may bring your own sleep clothing, pillow and personal items for a comfortable stay. If you are being evaluated as part of a daytime study, meals may be provided.

Multidisciplinary care

Parker Hospital has physician specialists capable and proficient at primary care for all your sleep needs.

Pediatric Sleep Studies

The Sleep Center staff is qualified to perform sleep studies for children age five and older.

To schedule an appointment with the Parker Adventist Sleep Disorder Center, please contact us by:

Phone: 303-269-4188

Fax: 303-269-4189