

Sleep Apnea

Sleep apnea is a relatively common disorder in which you have pauses in breathing or shallow breaths while you sleep. These can happen five to 30 or more times per hour.

Sleep Apnea won't just make you tired - it could potentially shorten your life.

Complications of undiagnosed, untreated apnea include:

- Cardiovascular Problems: You have a two-to-three-times higher risk of high blood pressure.
- Daytime Fatigue: You may have difficulty concentrating and find yourself falling asleep at work, while watching TV or even when driving.
- Complications with Medications/Surgery
- Sleep-Deprived Partners: Loud snoring can keep those around you from getting good rest.

Our Sleep Lab can help you get back on track to a good night's sleep!

Our goal is a
good night's sleep.
It's just part of how
we give you TLC –
Total Local Care.

Your appointment at Harrington HealthCare's Sleep Lab is:

Date: _____

Time: _____

If you have any questions or concerns, please feel free to contact us:

Phone: 508-949-8960

*Check-in for your Sleep Study is located in the Emergency Room Registration area.

Harrington
HEALTHCARE
AT HUBBARD
Total Local Care

340 Thompson Road
Webster, MA 01570

SLEEP LAB

Harrington
HEALTHCARE
AT HUBBARD
Total Local Care

We can help diagnose and
treat your sleep disorders



Lack of sleep affects more than you think ...

Sleeping problems are more common than you might think.

Not getting your proper share of shut eye? Lack of sleep can cause you to be more than just tired. A decent night's rest allows your physical, mental and emotional states to function properly – boosting your immune system, increasing your energy and influencing proper eating habits.

Is it hard for you to fall asleep or stay asleep during the night? Do you wake up feeling tired? Do you feel sleepy during the day? You might have a sleep disorder.

Chronic lack of sleep can cause:

- aching muscles
 - headaches
- hallucinations
- hand tremors
 - irritability
- memory lapses or loss
 - severe yawning
 - fatigue
- daytime sleepiness
 - clumsiness
 - weight gain

MEET YOUR MEDICAL DIRECTOR

Mark Weiner, M.D.

- Degree in Medicine from the University of Massachusetts Medical School
- Residency at Downstate Medical Center and Kings County Hospital in Brooklyn, N.Y.
- Board Certified in Sleep Medicine and Neurology



We can help!

The Sleep Lab at Harrington HealthCare at Hubbard provides professional staff and state-of-the-art equipment to help diagnose and treat your sleep disorders.

Our Sleep Lab treats all adults with sleep disorders. Located within a quiet wing on the second floor of the Harrington HealthCare at Hubbard campus, you can relax in a comfortable room, equipped with private bath and flat screen television.

Our trained technologists will guide you through your stay, and monitor your sleep activity throughout the night. Your sleep study is read and evaluated by the Medical Director, who is Board-Certified in Sleep Medicine.

What are some types of sleep disorders?

- Insomnia
- Sleep Apnea
- Bruxism (Teeth Grinding)
- Restless Leg Syndrome
- Narcolepsy
- Nightmares
- Periodic Limb Movements
- Snoring
- Sleep Talking
- Sleepwalking

Simple patient checklist

The following are items you may bring with you to the Sleep Lab:

- Completed sleep questionnaire
- Comfortable sleepwear: Two-piece with buttons down the front, if possible
- Slippers
- Favorite pillow and/or blanket
- Toothbrush/paste, comb, shampoo
- Clothes to wear home the following day
- Medications (no medications will be given by Sleep Lab staff)
- Reading material

The Sleep Lab provides sheets, blankets, pillows and towels. Most of our patients are discharged by 6 a.m. the following morning. If you have any questions, please feel free to contact us at 508-949-8960.