

Are You *Sleep Deprived?*

You may suffer from chronic sleep disorders and not even know it! Use the following checklist to determine if you aren't getting enough sleep:

Do You:

- ▶ Have excessive daytime drowsiness or daytime fatigue?
- ▶ Feel the need for frequent naps?
- ▶ Find yourself having difficulty concentrating?
- ▶ Suffer from memory problems?
- ▶ Have trouble functioning at work or have decreased work performance?
- ▶ Get frequently irritable or have a short temper?
- ▶ Feel unrefreshed when you wake up in the morning?

Our Sleep Clinic can help you get back on track to a good night's sleep – comfortably and with professional staff!

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

Your appointment at the Harrington Pulmonary and Sleep Lab is scheduled for:

Date: _____

Time: _____

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

Phone: 508-949-8960



340 Thompson Road, Webster, MA
Phone: 508-943-2600

PULMONARY AND SLEEP CLINIC

Harrington
HEALTHCARE
AT HUBBARD
Total Local Care

Sleep Lab



Lack of Sleep affects more than You Think ...

Nearly half of all Americans have problems sleeping.

Not getting your proper share? It 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.



The Harrington Sleep Lab at Hubbard features private rooms, modern amenities and courteous staff.

Chronic lack of sleep can cause:

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

We Can Help!

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

Our Sleep Clinic treats children and adults. Located within a quiet wing on the second floor of the Harrington HealthCare at Hubbard campus, you can relax in a spacious room, equipped with private bath and flat screen television. You will feel like you're in a hotel – not a medical center!

Our trained technologists will walk you through your stay, and monitor your sleep activity throughout the night.

What are the Types of Sleep Disorders?

- ▶ Circadian Rhythm Sleep Disorder
- ▶ Insomnia
- ▶ Narcolepsy
- ▶ Night Terrors
- ▶ Periodic Limb Movements
- ▶ REM Sleep Behavior
- ▶ Restless Leg Syndrome
- ▶ Sleep Apnea
- ▶ Sleepwalking

Simple Patient Checklist

Please bring the following with you to the Harrington Pulmonary and Sleep Lab:

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

The Sleep Lab provides sheets, blankets, pillows, towels. Any questions, please feel free to contact us.