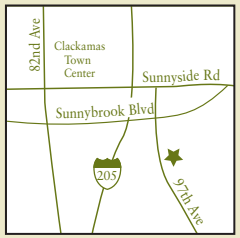
# LOCATIONS

## Northwest Sleep Health Locations:




NORTHWEST
SLEEP HEALTH
13518 SE 97th Ave.
Clackamas, OR 97015
P 503.353.1272
F 503.654.4815

## Services We Offer:

- Attended overnight sleep studies
- Unattended home diagnostic screeners
- Fully analyzed summary and dictation
- Individual treatment options
- CPAP support
- CPAP medical supplies

www.nwsleephealth.com

Northwest SLEEP HEALTH

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## We Care About The Quality Of Your Night:

You spend about one-third of your life sleeping. The quality of your sleep has a big impact on the overall quality of your life. Recurring sleep problems may impact your physical health, work performance, social relationships and even sexual behavior. One in three people suffer from a sleep disorder - many without even realizing it. At Northwest Sleep Health we can help you put your sleep problems to rest.

## Recurring Sleep Problems May Include:

Trouble Falling Asleep or Staying Asleep

Daytime Sleepiness

Frequent Morning Headaches

Sleep Walking, Talking or Unusual Sleep Behavior

Frequent Night Time Urination

Snoring

Restless Leg Syndrome

Insomnia

Sleep Apnea

## Restless Legs Syndrome (RLS):

Restless Legs Syndrome (RLS) is a cause of insomnia (trouble sleeping) for many people. RLS sufferers experience aching, twitching, tingling, burning or prickling sensations in the lower leg muscles when they lie in bed or sometimes when they are sitting down. The discomfort is only immediately relieved by getting up and standing or walking.

## Snoring:

Snoring is noisy breathing during sleep that is caused by a partial closure in your airway. Snoring occurs when air cannot flow smoothly through your air passages. It can also occur when structures in your airway vibrate while you breathe.

Snoring can be a sign of having sleep apnea.

## Sleep Apnea:

People with sleep apnea stop breathing for at least 10 seconds at a time, for as long as 2 minutes at a time while they are sleeping. These short stops in breathing can happen up to 400 times every night! Sleep apnea is very common and affects more than twelve million Americans according to the National Institute of Health.

## Risk For Sleep Apnea:

Obesity

High Blood Pressure

Diabetes

## Good Sleep Habit Tips:

- Establish a regular bedtime and wake up time and stick to it even on weekends
- Avoid taking naps
- Avoid foods and drinks high in sugar or caffeine
- Avoid nicotine and alcohol
- Exercise regularly and allow at least three hours between exercise and sleep
- Use the bed only for sleep and sex, not for reading or watching television
- Go to bed when you are drowsy and get up when you are wide awake
- Read something light or entertaining just before you go to bed to get your mind off daily activities
- Consider having soothing noise in the background, such as a fan blowing
- Try not to focus on falling asleep. Do not stay in bed for more than 20 minutes if you are unable to fall asleep

If you feel that you may have sleep problems, are at risk for sleep apnea or other sleep disturbances, please speak with your primary healthcare practitioner, call 503.353.1272 or visit us online at www.nwsleephealth.com.