

SIGNS AND SYMPTOMS OF SLEEP APNEA

Regular snoring with one or more of these symptoms:

- Excessive sleepiness or fatigue during the day
- Gasping or choking during sleep
- Nocturia
- Obesity
- Large neck size (>17" in men, >16" in women)
- Morning headache
- Gastroesophageal reflux

SIGNS AND SYMPTOMS OF PERIODIC LIMB MOVEMENTS OF SLEEP (PLMS)

- Known Restless Leg Syndrome (A waking discomfort of the legs, usually described as tingling or crawling sensation sometimes relieved by activity such as walking)
- Excessive sleepiness or fatigue during the day
- An aching or soreness of the legs upon waking in the morning
- Observed jerking of the legs during sleep

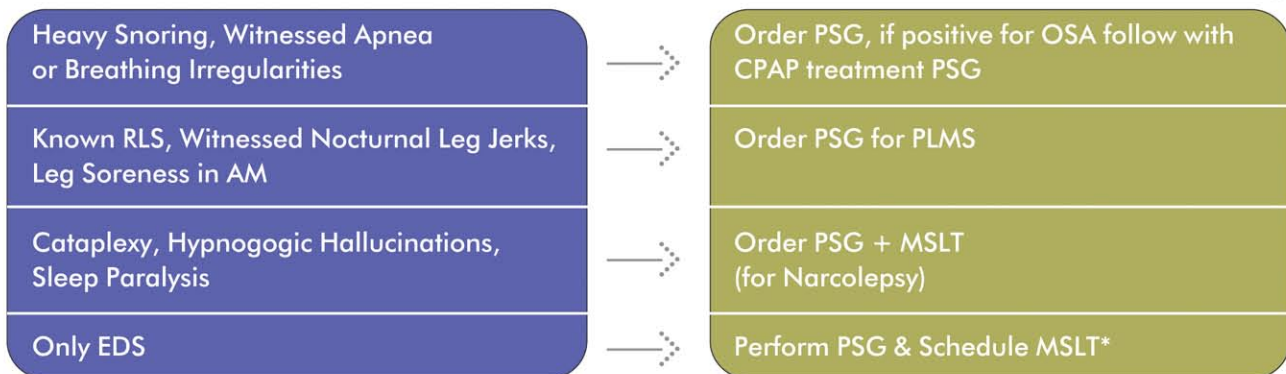
SIGNS AND SYMPTOMS OF NARCOLEPSY

- Severe excessive daytime sleepiness—an uncontrollable urge to sleep
- Hypnagogic hallucinations—vivid hallucinations or dreams when falling asleep
- Cataplexy—Episodes of muscular weakness or collapse
- Sleep paralysis

Narcolepsy can only be diagnosed after other sleep disorders have been ruled out. Therefore, an MSLT always follows a nocturnal polysomnogram and sometimes involves a drug test.

GUIDELINES FOR ORDERING A POLYSOMNOGRAM (PSG)

If the patient has excessive daytime sleepiness (EDS), and:



* PSG reveals Apnea or PLM = MSLT not needed

* PSG provides no explanation = MSLT needed

OmniSleep-Albuquerque

801 Encino Pl. NE, Suite F1

Albuquerque, NM 87102

Phone 505 843 8758

Fax 505 843 8759

info@omnislleep.com

www.omnislleep.com

Toll free 888 Go SLEEP

OmniSleep-Santa Fe

1651 Galisteo Rd, Suite 11

Santa Fe, NM 87505

Phone 505 629 4451

Fax 505 983 6221

Toll free fax 877 770 8759