

*Leading Health Care  
In The 21st Century*



*Sleep Disorders*



---

# What are sleep disorders?

Sleep disorders are problems that can cause you to:

- Have interrupted or unrefreshing sleep
- Sleep an excessive amount of time
- Sleep too little

Oftentimes, people are unaware that they suffer from a sleep disorder. Many people have lived with the condition for so long that they think it is natural to feel sleepy or fall asleep during the day. Some people don't realize that if they get a full night of uninterrupted sleep - they will feel alert and awake all day.

If you feel tired, know you are not sleeping well, or fall asleep during the day, tell your provider. They can refer you to the Sleep Disorders Center for evaluation and treatment.

## *What are some of the signs that I may have a sleep disorder?*

- Falling asleep while driving or at work
- High blood pressure
- Depression
- Memory problems
- Trouble concentrating
- Morning headaches
- Feeling irritable or grumpy
- Trouble dealing with stress
- Gaining weight

## *What could happen if my sleep disorder is left untreated?*

- Problems at home or work
- Accidents at work
- Car crashes
- Heart attacks
- Strokes



---

# What are some sleep disorders?

## **Sleep Apnea and Snoring**

This disorder causes you to stop breathing for short periods of time while you are asleep. You may also snore. Snoring may also reduce the amount of air passing into your lungs while you sleep. During these events, you may choke, snort, gasp for air, toss and turn, and your body may jerk. Sleep apnea can be very serious if left untreated.

## **Periodic Limb Movement Disorder**

This is what causes your arms or legs to jerk in your sleep. This may happen every few seconds and cause disruptions in your sleep.

## **Restless Legs Syndrome**

This syndrome can be described as a crawling, creeping or tingling sensation in your legs while you are sitting or lying still. This can prevent you from falling asleep and decrease the amount of sleep you get each night.

## **Narcolepsy**

This condition causes you to fall asleep at any time during the day without warning. These “sleep attacks” require medication to control.

## **Insomnia**

Insomnia interferes with your ability to fall asleep or once you fall asleep, you are unable to stay asleep. If it regularly takes you more than 30 minutes to fall asleep, or if you wake up and it takes you more than 30 minutes to fall back asleep, you might have insomnia.





### ***What kinds of treatments are available for sleep disorders?***

- Education/instruction in good sleep habits
- Relaxation techniques
- Counseling
- Air pressure breathing devices (nasal CPAP)
- Oral/Dental appliances
- Medications
- Surgical procedures

### ***How can I be tested to see if I have a sleep disorder?***

Ask your provider if you can be seen for evaluation. Your provider will complete the necessary paperwork to get you referred.

You will receive an appointment letter and a questionnaire from the clinic. The questionnaire will help the Pulmonologist understand your sleep and/or breathing problems.

Your first appointment will be in the Pulmonary Clinic for evaluation. It will not be your overnight sleep test.



---

## *How do I know if I should tell my provider I think I have a sleep disorder?*

Complete the following questionnaire. Show it to your primary care provider at your next clinic visit.

When answering these questions, think about the past few months. Even if you haven't done some of these things recently, try to determine how it would have affected you. Use the following scale to choose the most appropriate number for each situation:

- 0 = Would NEVER doze
- 1 = SLIGHT chance of dozing
- 2 = MODERATE chance of dozing
- 3 = High chance of dozing

In contrast to just feeling tired, how likely are you to doze-off or fall asleep in the following situations?

Situation	Chance of Dozing
Sitting and reading	
Sitting inactive in a public place (a theater or meeting)	
Watching TV	
As a passenger in a car for one hour without a break	
Lying down to rest in the afternoon	
Sitting and talking with someone	
Sitting quietly after a lunch without alcohol	
In a car while stopped for a few minutes in traffic	



---

# Contact Information

## Albany

Secretary of Pulmonary,  
Critical Care and Sleep Medicine Department  
*scheduling, appointments*  
518-626-6405

Sleep Disorders Center  
*Questions about your test*  
518-626-6409

Respiratory Care Manager  
*If you are unable to reach someone at the numbers above*  
518-626-6411





# Reaching Us Is Easy

## VA Medical Centers:

**Albany**  
113 Holland Avenue  
Albany, NY 12208  
(518) 626-5000

**Batavia**  
222 Richmond Avenue  
Batavia, NY 14020  
(716) 343-7500

**Bath**  
76 Veterans Avenue  
Bath, NY 14810  
(607) 664-4000

**Buffalo**  
3495 Bailey Avenue  
Buffalo, NY 14215  
(716) 834-9200

**Canandaigua**  
400 Fort Hill Avenue  
Canandaigua, NY 14424  
(716) 394-2000

**Syracuse**  
800 Irving Avenue  
Syracuse, NY 13210  
(315) 476-7461

## VA Outpatient Clinics:

**Auburn**  
Auburn Memorial Hospital  
17 Lansing St.  
(315) 255-7011

**Bennington**  
325 North Street  
(802) 447-6913

**Binghamton**  
425 Robinson Street  
(607) 772-9100

**Clifton Park**  
1673 Route 9  
(518) 383-8506

**Columbia Greene**  
Greene Medical Bldg.  
159 Jefferson Heights  
(518) 943-7515

**Cortland**  
1104 Commons Avenue  
(607) 662-1517

**Dunkirk**  
325 Central Avenue  
(716) 366-2122

**Elizabethtown**  
P.O. Box 277 Park St.  
(518) 873-3295

**Elmira**  
200 Madison Ave.  
(877) 845-3247

**Fulton-Montgomery**  
Camp Mohawk Plaza  
Rt. 30A  
(518) 853-1247

**Glens Falls**  
84 Broad Street  
(518) 798-6066

**Jamestown**  
896 East Second Street  
(716) 661-1447

**Kingston**  
63 Hurley Avenue  
(845) 331-8322

**Lackawanna**  
OLV Family Care Center  
227 Ridge Road  
(716) 822-5944

**Lockport**  
5875 S. Transit Road  
(716) 433-2025

**Malone**  
115 Park Street  
(518) 481-2545

**Massena**  
1 Hospital Drive  
(315) 764-1711

**Mt. Morris**  
2 Livingston County Campus  
(716) 393-7296

**Niagara Falls**  
Niagara Falls Family Medicine  
620 10th Street Suite 709  
(716) 285-6663

**Olean**  
500 Main St.  
(716) 375-7555

**Oswego**  
105 County Route 45A  
(315) 343-0925

**Plattsburgh**  
206 Cornelia Street,  
Suite 307  
(518) 566-8563

**Rochester**  
465 Westfall Road  
(716) 242-0160

**Rome**  
125 Brookley Road  
(315) 336-3389

**Schenectady**  
1475 Balltown Road  
(518) 346-3334

**Sidney**  
39 Pearl Street West  
(607) 561-2003

**Troy**  
500 Federal Street  
(518) 274-7707

**Watertown**  
218 Stone Street  
(315) 788-5050

**Wellsville**  
15 Loder Street  
(716) 596-4111

