

Diagnosis and Treatment of Sleep Disorders in Adults & Children

The Lawrence & Memorial Sleep Center at Hilton Garden Inn® offers the latest technology in the diagnosis of sleep disorders in children and adults in a comfortable, relaxing environment. Under the on-site supervision of a board-certified physician and trained sleep specialists, we offer diagnoses and treatment for patients suffering from daytime sleepiness, snoring, sleep apnea, restless leg syndrome and other sleep disorders.

ADULT SLEEP DISORDERS

If you're excessively sleepy during the day, if your sleepiness interferes with your daytime functioning or you fall asleep in inappropriate places or snore loudly with pauses in your breathing, you may have a sleeping disorder. Some of the most common sleep problems include:

Obstructive Sleep Apnea (OSA) – Breathing pauses during sleep. Affecting 4% of adults. Untreated, OSA increases one's risk of hypertension, stroke, heart disease, diabetes and obesity.

Insomnia – Difficult falling and/or staying asleep. Causes include stress, anxiety, shift work, jet lag, stimulants, alcohol and physical illnesses.

Periodic Limb Movement Disorder – Involuntary leg and/or arm jerking during sleep.

Restless legs syndrome – An achy or odd sensation in the limbs accompanied by an irresistible urge to move them, which provides temporary relief. Usually occurring around bedtime.

Narcolepsy – A rare disorder that causes feelings of weakness and uncontrollable daytime sleepiness.

PEDIATRIC SLEEP DISORDERS

You know how precious your child is, but do you realize how precious your child's sleep is? You may, when your child has one or more bad night's sleep. A child with sleep problems can turn an entire family's life into a nightmare. It is important to

develop behaviors and habits that promote healthy nighttime sleep and daytime naps. It is equally important to be able to recognize problems in your child's sleep. If as a parent you suspect a problem, you should seek the advice of a sleep specialist.

Snoring – Twenty percent of children snore occasionally, and 7% to 10% of children snore nightly. The majority of children who snore are perfectly healthy, however about 2% of children snore as a result of sleeping or breathing problems.

Obstructive Sleep Apnea (OSA) – A child who snores and struggles to breathe may be suffering from OSA. Undiagnosed OSA can affect school performance, behavior, growth as well as a child's weight and heart health.

Nightmares – Seventy-five percent of children report having at least one nightmare. Usually a child can be reassured and consoled after such an occurrence. Nightmares usually peak between the ages of 3 and 6 years and are usually outgrown.

Sleep Terrors – Sleep terrors are characterized by an arousal out of sleep accompanied by intense fear (screaming is very common). Unlike nightmares, children are usually not consolable after such occurrences. Approximately 3% of children experience sleep terrors, usually between 4 and 12 years of age. Sleep terrors will usually subside by adolescence.

Sleep Enuresis (Bedwetting) – About 30% of four-year-olds and 10% of six-year-olds may experience problems with bedwetting. It is more common in boys. If your child is older than 5 years of age and is not consistently dry at night, there is help available.

A SLEEP STUDY - What to expect

Our sleep study is a pain-free test consisting of an overnight stay at the Hilton Garden Inn, Groton. After you arrive and settle in, our sleep center technicians using the latest equipment will monitor you from a separate room and will document the quality of your sleep. They'll evaluate sleep patterns, brain waves, eye movements, breathing effort, heart rhythms, oxygen levels and leg movements.

Shortly after the study our Sleep Center Medical Director, Dr. Amit Khanna, reviews the results and will arrange to meet with you to discuss diagnosis and treatment options or he will send the results directly to your healthcare provider.

Dr. Amit Khanna, MD, D.ABSM, is medical director for the Sleep Center and a diplomate of the American Board of Sleep Medicine. He is double board-certified in sleep medicine and a board-certified family physician. He completed his residency at the University of Minnesota and specialized in sleep disorders during his fellowship at Case Western Reserve University in Cleveland, Ohio.



If you think you or your child is experiencing a sleep disorder, talk to your primary care physician and ask him or her to refer you to the Lawrence & Memorial Sleep Center.

**For more information,
or to schedule a consultation,
please contact the
Sleep Center at 860-444-4742.**



Wake up energized.

The Lawrence & Memorial Sleep Center at Hilton Garden Inn® combines the clinical care of a state-of-the-art sleep facility with the comforts of a high-end hotel. Our sleep center provides a relaxing, peaceful atmosphere to reduce patient anxiety and aid sleep. Patients also have access to many of the hotel's amenities, including pool, fitness room and a complimentary breakfast.



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SEVEN SIGNS YOU NEED SLEEP

According to the *American Academy of Sleep Medicine*, most adults need about seven to eight hours of sleep each night to feel alert and well rested. Failing to get enough sleep can have a severe effect on your health and performance. Are you getting enough sleep each night? Maybe you need to make a commitment to "Sleep for Seven." That is, to get at least seven hours of sleep, seven nights a week. See how many of the Seven Signs below describe you.

- 1. You're dependent on an alarm clock.** If you're getting enough sleep you should be able to wake up on time without an alarm. Hitting the snooze button a couple times before getting up is a clear sign of sleep loss.
- 2. You're drowsy driving.** Falling asleep at the wheel is a sure sign that you are too tired. Drowsy driving is a common cause of deadly auto accidents.
- 3. You're attached to the coffee pot.** A cup of coffee to start your day is fine, but you shouldn't have to drink coffee all day to stay awake.
- 4. You're making mistakes.** It's harder to focus and concentrate when you are tired. You're easily distracted and you're less likely to catch and fix errors.
- 5. You're forgetful.** Sleep loss may explain why you have a hard time remembering things. Sleep deprivation hinders short-term memory.
- 6. You're cranky, snippy and irritable.** Being tired can have a negative effect on your moods. It makes you more likely to feel depressed, anxious and frustrated.
- 7. You're frequently getting sick.** Without sleep your immune system is not at full strength. It's harder for your body to fight illness.

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