

## Getting the Rest You Need

St. Luke's Cornwall Center for Sleep Medicine is conveniently located at our Cornwall campus (19 Laurel Avenue.) Sleep studies are covered by most insurance plans and often do not require a referral. We will be happy to answer any questions you may have regarding sleep studies or insurance issues.

For more information or to schedule an appointment, call (845) 458-4899.

Visit us online at  
[stlukescornwallhospital.org](http://stlukescornwallhospital.org).



## Directions to St. Luke's Cornwall Center for Sleep Medicine

19 Laurel Avenue  
Cornwall, NY 12518  
(845) 458-4899

Follow signs to hospital main entrance. Enter through the front door off large porch. The Center for Sleep Medicine is located on the second floor.



From I-84 East  
I-84 West across the Newburgh-Beacon Bridge and continue to Exit 10S (Route 9W South). Turn right onto 9W and continue 6 miles to St. Luke's Cornwall Hospital's Cornwall campus located on the left side of 9W.

From I-84 West  
I-84 East to Exit 10. Turn right onto 9W South and continue for 6 miles to St. Luke's Cornwall Hospital's Cornwall campus located on the left side of 9W.

From NYS Thruway  
I-87 (NYS Thruway) South to Exit 17 (Newburgh). Follow signs to I-84 East, to Exit 10 (Route 9W South). Turn right and continue 6 miles to St. Luke's Cornwall Hospital's Cornwall campus located on the left side of 9W.

**St. LUKE'S CORNWALL**  
**CENTER for**  
**SLEEP MEDICINE**  
*Clinical Affiliate of*  
*The Mount Sinai Hospital*  
19 Laurel Avenue  
Cornwall, NY 12518



*Tired of being tired?*

## CENTER FOR SLEEP MEDICINE



Quality of sleep affects quality of life.

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## Tired of Being Tired?

If you're among the 70 million Americans who suffer from a sleep disorder, it's important to know that an inability to get quality sleep not only impacts how you feel every day, but also can seriously affect your overall health. Those who consistently have problems sleeping are at greater risk for heart attack, stroke, diabetes, obesity, driving accidents and other conditions.

Millions of people are finding renewed energy and improving their overall health and well-being through the specialty of Sleep Medicine. The St. Luke's Cornwall Center for Sleep Medicine is committed to enhancing quality of life for those experiencing disruptive sleep. Using advanced diagnostics and the latest research in the field, our highly qualified staff will evaluate your sleep patterns and devise a custom treatment plan to improve your ability to obtain sleep.

## Common Symptoms of Sleep Disorders

- Snoring
- Irregular breathing during sleep
- Feeling unrefreshed or lethargic
- Daytime sleepiness and napping
- Restlessness or "tossing and turning"
- Difficulty getting to sleep or staying asleep
- Uncomfortable sensations or jerking of the limbs
- Feelings of weakness when experiencing strong emotions
- Vivid, frightening or violent dreams



## The Study of Sleep

Participating in a sleep study is like spending the night at a comfortable hotel. Each monitored bedroom is private and equipped with cable television, queen bed, recliner and private bathroom.

Once the patient has arrived at the center and settled in, the technologist offers a light snack and proceeds to connect the patient to the monitoring equipment via noninvasive sensors gently adhered to the skin. The hookup procedure takes approximately one hour.

The study is conducted throughout the night while the patient sleeps. The patient is disconnected the next morning and is able to return to his/her normal routine. The sleep physician reviews and interprets the study over the next few days and recommends an appropriate course of treatment.

## Types of Sleep Disorders

There are more than 80 types of sleep disorders; the most common are:

- Insomnia
- Sleep apnea
- Hypoxemia
- REM sleep behavior disorder
- Restless leg syndrome (RLS)
- Periodic limb movement disorder (PLMD)
- Narcolepsy

Sleep disorders can be managed once they are properly diagnosed by a qualified Sleep Center.



## To determine if you may suffer from a sleep disorder, take this simple quiz:

Y	N		Y	N	
<input type="radio"/>	<input type="radio"/>	Do you have trouble falling or staying asleep?	<input type="radio"/>	<input type="radio"/>	Do you wake up with headaches?
<input type="radio"/>	<input type="radio"/>	Do you feel unrefreshed upon waking?	<input type="radio"/>	<input type="radio"/>	Do you often lose focus or feel unable to concentrate?
<input type="radio"/>	<input type="radio"/>	Do you snore loudly?	<input type="radio"/>	<input type="radio"/>	Have you gained 10 lbs. or more over the last year?
<input type="radio"/>	<input type="radio"/>	Have you been told that you gasp or stop breathing for short periods at night?	<input type="radio"/>	<input type="radio"/>	Do you have uncomfortable sensations in your legs or arms while in bed?
<input type="radio"/>	<input type="radio"/>	Do you have high blood pressure or diabetes?	<input type="radio"/>	<input type="radio"/>	Do you wake up during the night with heartburn?
<input type="radio"/>	<input type="radio"/>	Are you extremely sleepy during the day?			

If you've answered "yes" to more than five questions, talk to your physician or the St. Luke's Cornwall Center for Sleep Medicine at (845) 458-4899.

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