The Sleep Disorders Center at Wentworth-Douglass Hospital (WDH) uses state-of-the-art technology and current best practices to accurately diagnose and treat sleep disorders. The Center deals with all aspects of sleep medicine. Common disorders include:

- Obstructive sleep apnea
- Central sleep apnea
- Restless leg syndrome
- Narcolepsy
- Circadian rhythm disorders
- Insomnia
- Parasomnia

Sleep Studies
A sleep study monitors and tracks a variety of biological and sleep cycle information. All sleep studies are performed in comfortable, private bedrooms during an all-night stay in the WDH Sleep Disorders Center. Each room has a queen-size bed with a Sleep Number mattress and 800-thread count bed sheets, a phone, a cable LCD TV with a DVD player and a private bathroom with a shower. The rooms provide a quiet atmosphere, pleasant lighting and adjustable room temperature to ensure an optimal sleeping environment.

See reverse for diagnostic tests and treatment options
Diagnostic tests
The WDH Sleep Disorders Center uses the following diagnostics:

- Overnight in-laboratory polysomnography
- Multiple sleep latency test
- Maintenance wakefulness test
- Split night polysomnography
- Actigraphy

Treatment options
Following a sleep study, a treatment plan is outlined and may include the following:

- Positive Airway Pressure (PAP)
  - CPAP
  - BiPAP
  - VPAP Adapt
  - Auto Devices
- Surgical options
  - UPPP (uvulopalatopharyngoplasty)
  - Tonsillectomy/Adenoidectomy
  - Glossectomy
  - Deviated Nasal Septum correction
- Oral appliances
- Medications
- Behavior modifications
- Sleep hygiene techniques

PAP follow-up care is available to help patients be successful with PAP therapy.

For more information, please call the **Sleep Disorders Center** at (603) 740-6598.

*(multiple sleep latency tests and maintenance wakefulness tests are conducted during normal daytime business hours)*