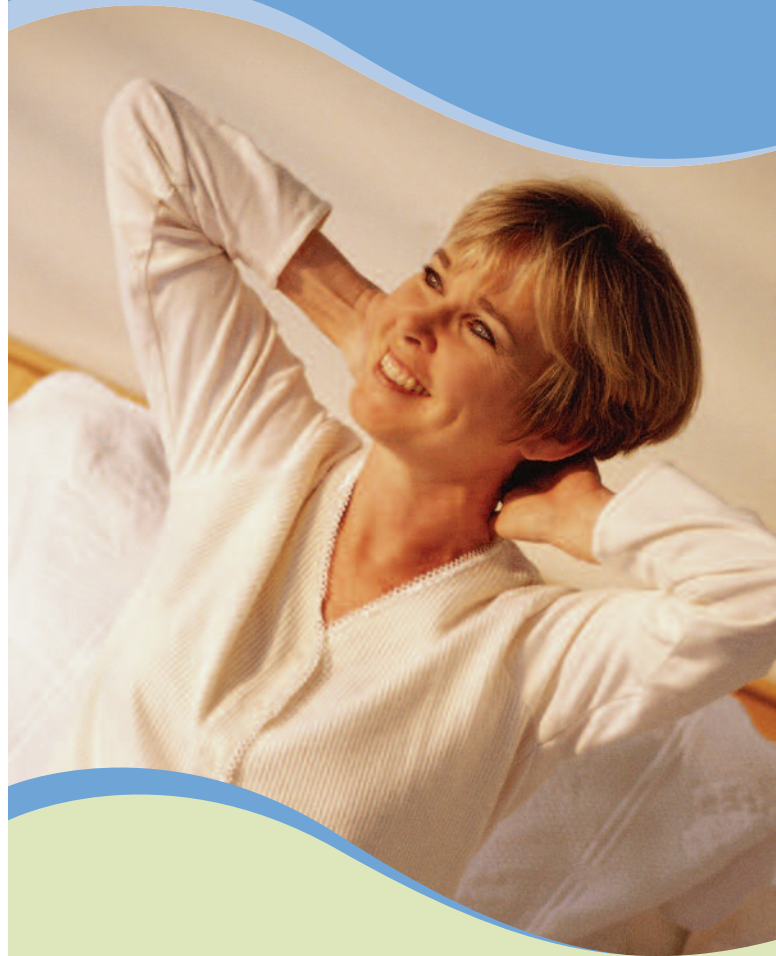


Imagine what
a good night's sleep
could do for you.

- Do you experience excessive drowsiness during the day?
- Are you constantly exhausted?
- Do you wake up frequently during the night, or wake up tired in the morning?
- Does your partner complain about your snoring?

If you answered yes to any of these questions, you may be suffering from an undiagnosed sleep disorder. Sleep problems can lead to everything from trouble focusing at work to being unable to enjoy your life to the fullest.

It is estimated that 70 million Americans suffer from sleep problems. Most cases remain undiagnosed and untreated, often because people don't realize that there are solutions available to them.



Baystate  Regional Sleep Program

BAYSTATE MARY LANE HOSPITAL

85 South Street, Ware MA
413-794-5600
baystatehealth.org/sleep



Baystate
Regional Sleep Program

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The Comprehensive Approach

Baystate Mary Lane Hospital offers an advanced and comprehensive sleep program providing the very latest high-technology testing and diagnosis for all types of sleep disorders, including:

- Sleep apnea
- Snoring
- Restless leg syndrome
- Narcolepsy
- Chronic insomnia
- Excessive daytime sleepiness

We exclusively offer 16-channel polysomnography studies, the gold standard according to the American Academy of Sleep Medicine. Our highly experienced, board certified sleep specialist, pulmonologist, and experienced sleep technicians and respiratory therapists work as part of a team with the board-certified sleep specialists at Baystate's Neurodiagnostics and Sleep Center in Springfield. Together, they provide you and your doctor with the most accurate testing results and consultation.

What to Expect

Sleep studies are generally done during the night so that normal sleep patterns can be recorded. Depending upon the type of sleep study you require, sensors will be placed on areas of your head, face, and body, and elastic belts may be used around your chest or abdomen.

These devices may be used to record your brain waves, eye movement, muscle activity, heart activity and rate, blood oxygen levels, breathing, snoring, leg/body movement, and carbon dioxide levels.

Although many people wonder if they will actually be able to fall asleep in the sleep room, we find that the vast majority of our patients have no trouble sleeping at all.

After your sleep study, your results are evaluated by our experienced team of physician specialists, and a report is sent to your doctor. You and your doctor will then meet to discuss the results of the sleep study, as well as the treatment options that may work best for you.

A Home-Like Setting

We do everything we can to make sure you feel comfortable and relaxed during your time here with us.

Our home-like sleep rooms feature a soothing décor and are designed to minimize ambient light and noise. Each room features cable television, and you have control over virtually every aspect of your sleeping environment, including heating, air-conditioning, and functional lighting.

Baystate Mary Lane Hospital is committed to providing you and your family with the best sleep center services available today. For more information, please talk to your doctor or call us at 413-794-5600.