

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.

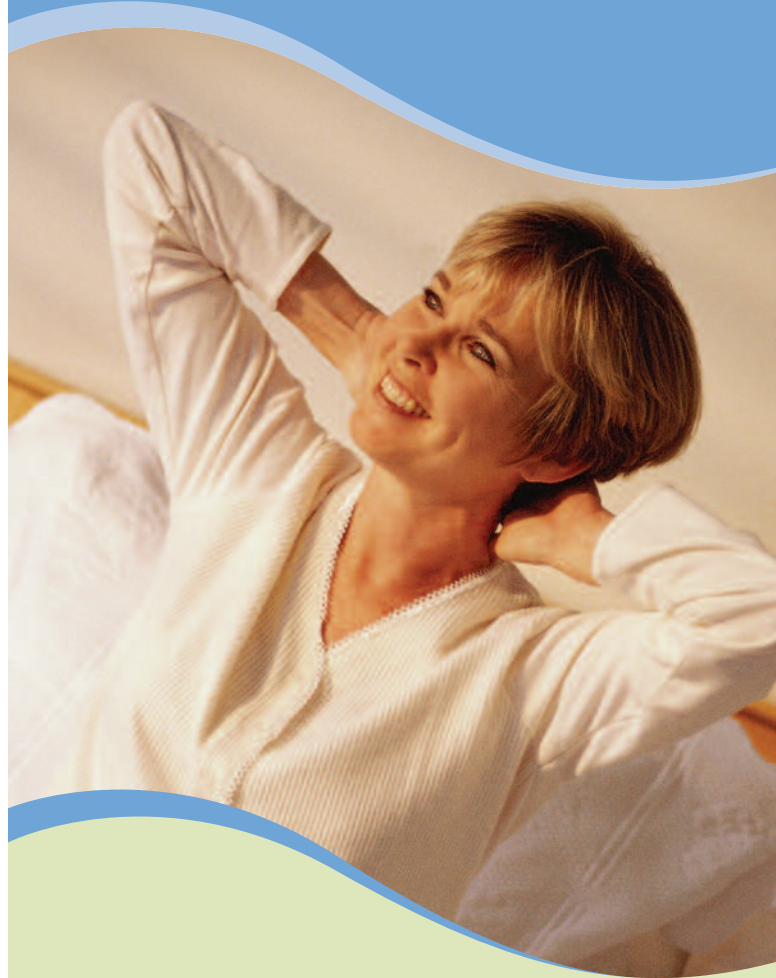
The Baystate Regional Sleep Program at Baystate Franklin Medical Center is committed to providing you and your family with the best sleep center services available today. A physician referral is required. For more information, please talk to your doctor or call us at 413-773-2932.

Baystate Regional Sleep Program

BAYSTATE FRANKLIN MEDICAL CENTER

164 High Street, Greenfield
413-773-2932
baystatehealth.com/sleep

Sleep studies are also performed at Baystate Medical Center in Springfield and Baystate Mary Lane Hospital in Ware as part of the Baystate Regional Sleep Program.



Baystate Regional Sleep Program

BAYSTATE FRANKLIN MEDICAL CENTER



The Comprehensive Approach

Baystate Franklin Medical Center offers an advanced and comprehensive sleep center 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 polysomnography studies, the gold standard according to the American Academy of Sleep Medicine. Our highly experienced, board certified pulmonologist and board registered sleep technologists and respiratory therapists work as part of a team with the board-certified sleep specialists at the Baystate Regional Sleep Program. 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 are 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.

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 Safe, Home-Like Setting

Although many people wonder if they will actually be able to fall asleep during the study, the vast majority of our patients have no trouble sleeping at all.

We do everything we can to make you feel relaxed during your study. Our four comfortable sleep rooms offer you control over own sleeping environment, including lighting, temperature, and bed position. Each room also features a flat panel television and DVD player, and a private bathroom and shower with all the convenience amenities. The rooms were constructed using the latest sound dampening and light reduction technology, and an air exchange system that ensures each room receives fresh air.

You can also be assured of the utmost safety during your study because you are vigilantly monitored by registered sleep technologists who are highly trained. And since the center is located within Baystate Franklin Medical Center, you have the comfort of knowing that should medical emergency arise during your study, the full resources of the hospital are only steps away.