

WILL MY INSURANCE PAY?

Most insurance plans cover sleep tests. The center will work with your insurance company to determine your specific level of coverage. If insurance requires it, patients may need to see their primary care physician to obtain a referral.

APPOINTMENTS

To schedule a consultation with a sleep professional, call the Sleep Disorder Institute at (815) 933-2784.



**Better Health
starts with
Better Sleep**

We know that when you're having trouble sleeping, every night seems like an eternity. Quality sleep is essential to your health and well being. Learn how we can help.



 **RIVERSIDE**
Medical Center

Sleep Disorder Institute

*Accredited Member Center of
The American Academy of Sleep Medicine*

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 **RIVERSIDE**
Medical Center

SLEEP DISORDER INSTITUTE

END YOUR SLEEP TROUBLES

Problems associated with sleeping can usually be resolved through the expert care available at Riverside Sleep Disorder Institute – the only American Academy of Sleep Medicine (AASM) accredited center in Kankakee County.

When you go in for a consultation, a Riverside Disorder Institute physician, specially trained in sleep disorders, will evaluate your symptoms and review your medical history to determine if further testing is necessary.

Then, our registered sleep technologists and board-certified physicians will use the latest technology available to diagnose the cause of your sleeping problems and prescribe the most effective treatment.

The institute also is equipped with six private bedroom suites designed to maximize your comfort and provide a relaxing environment for sleep studies.

WHY DO I NEED SLEEP?

Today's fast paced society can make sleep seem like a luxury and not a need, however, it is scientifically proven that people need quality sleep to maintain good health.

Sleep deprivation causes the following:

- Increased risk of motor vehicle accidents
- Increase in body mass index – a greater likelihood of obesity due to an increased appetite caused by sleep deprivation
- Increased risk of diabetes and heart problems
- Increased risk for psychiatric conditions including depression and substance abuse
- Decreased ability to pay attention, react to signals or remember new information

Source: National Sleep Foundation

WHO SHOULD GET A SLEEP STUDY?

Individuals of all ages can be affected by sleep problems, which can disrupt their home, work and social life.

You may have a sleep disorder if you experience any of the following:

- Waking up tired even after a full night's rest
- Morning headaches
- Short temper or irritability
- Problems concentrating or remembering things
- Trouble falling asleep or staying asleep
- Loud snoring that disturbs others
- Daytime sleepiness or irritability
- Waking with a gasping or choking sensation
- Waking early and not falling back asleep
- Restless or disturbed sleep
- Disruption of sleep caused by discomfort in the legs
- Unconscious grinding or clenching of the teeth while sleeping

Treatment for these symptoms may include medication or the use of special devices that help patients improve their sleep.

