

Want to cut down on stress? Improve your sleep hygiene.



Lack of sleep can cause you to experience more stress in your daily routine and can also affect how you react to different situations. Our Sleep Study specialists at Putnam County Hospital are here to help. A sleep test can help determine if you have a sleep disorder that may be prohibiting you from functioning normally during the day.

The sleep lab at Putnam County Hospital looks more like a hotel room than a hospital room. You will be able to have all of the amenities of home such as a television and your own comfy sleep wear, while completing your sleep study at PCH.

Before the test begins you will have several different electrodes placed on your body to monitor your sleep. Typically, it takes 20 to 30 minutes for the setup process. You will then return to your room and relax until you fall asleep. Your sleep will be monitored very closely for the entire night by the technician from an outside computer terminal. The test will monitor:

- Brainwave activity to determine sleep types (i.e. REM and non-REM) and sleep stages (superficial and deep)
- Eye movement
- Heart rate and rhythm muscle activity and limb movements oxygen saturation measurement
- Snoring
- Chest and abdominal wall movement to monitor breathing and determine type of apneas
- Airflow from nose or mouth
- Body movement

Are you experiencing stress due to lack of sleep?

Talk to your family physician if you feel you might benefit from a sleep test. The test must be ordered by your doctor. Appointments can be made by contacting the Putnam County Hospital Central Scheduling Department at 765-658-2760.

