



Sleep Center

Better Sleep Means Better Health

Livingston HealthCare includes:

- A Livingston Memorial Hospital
- A Home Oxygen
- B Orthopedic and Rehabilitation Institute
- C Park Clinic (River Drive)
- D Park Clinic (West Crawford)
- E Home Care & Hospice Care
- Sleep Center, 1429 West Montana

Since 1955, Livingston HealthCare has provided premier-quality healthcare to the residents of Park County and surrounding communities. We keep our community healthy with a broad scope of services provided by well-trained and highly-skilled professionals. At Livingston HealthCare, we believe that **the way we care** is as important as the healthcare services we provide. That's why we like to say that we're more than just healthcare. We're really **the heart of community care.**



Sleep Disorders

Sleep disorders are a common medical problem affecting millions of Americans. Too often these disorders go unrecognized by both patients and physicians. More than **one-half of adults in the United States experience at least intermittent sleep disturbances.** As many as **one third of all adults experience insomnia.** And **over 12 million people suffer from sleep apnea,** which may be a contributing factor for as many as 40% of those with high blood pressure, a major risk factor for cardiovascular disease.



LivingstonHealthCare

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For your health, our campus is tobacco free.



LivingstonHealthCare

the heart of community care

What is a Sleep Study?

A sleep study (also called a polysomnogram) is a test that records your physical state during various stages of sleep and wakefulness. It provides data that is essential in evaluating sleep and sleep-related complaints, such as identifying sleep stages, body position, blood oxygen levels, respiratory events, muscle tone, heart rate, amount of snoring, and general sleep behavior.

**For your
comfort...**

Your sleep study will be conducted at our sleep center where we have created comfortable bedroom settings.

We'll help you find the solutions you need to wake up rested, refreshed and ready for life.

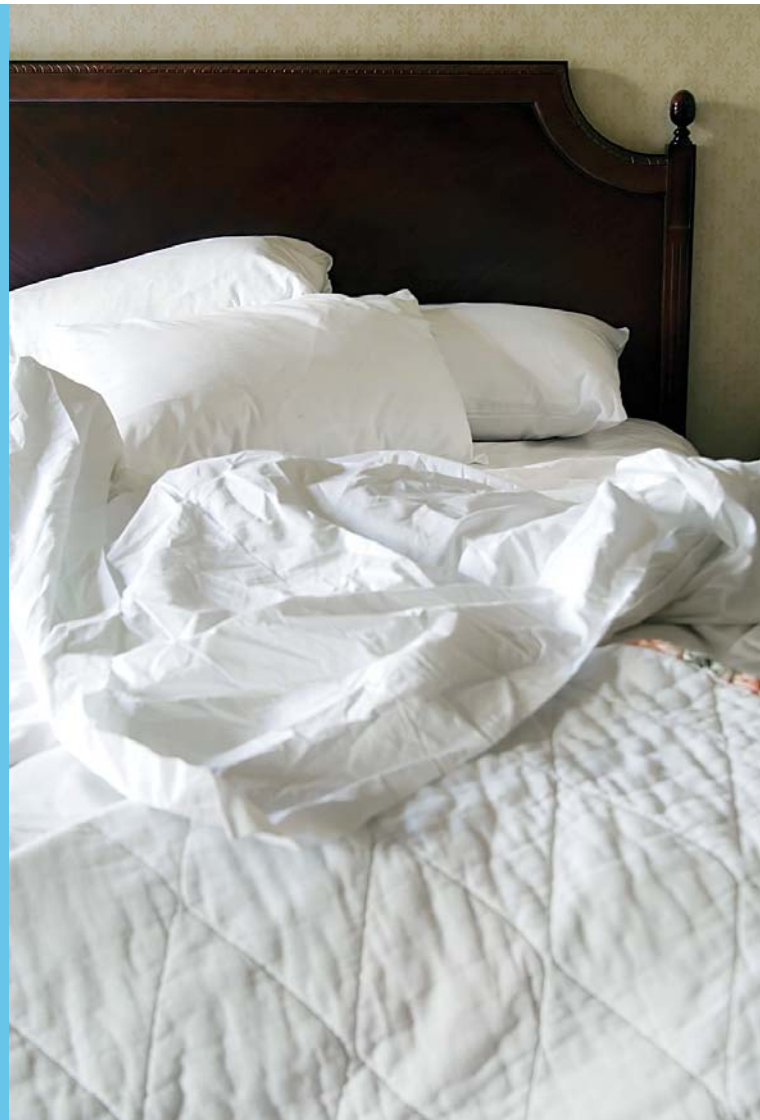
sleep

■ Common sleep disorders include:

- Sleep Apnea
- Insomnia
- Narcolepsy
- Restless Leg Syndrome
- Idiopathic Hypersomnia
- Parasomnia

■ Those who suffer from sleep disorders may experience:

- Inability to get restful sleep
- Difficulty focusing on day-to-day tasks
- Increased irritability, fatigue, and / or sleepiness
- Falling asleep at the wheel while operating a vehicle
- Feeling fatigued, restless after waking from sleep



Patient Criteria

A sleep study must be prescribed by a physician.

Insurance Coverage

Overnight sleep studies may be partially or completely covered by most insurance plans, including Medicare, when prescribed according to specific guidelines. At your request, our business office would be happy to verify your insurance / Medicare coverage and review it with you.

contact us

For More Information

If you would like more information about sleep studies, please talk with your physician or call
406-222-6300