

**CALL NOW:**  
**847-367-6400**

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# Discover How to Sleep Better

A sleep study is part of a comprehensive evaluation of sleep problems. During a sleep study, a patient will spend the night in a private "bedroom" at the sleep center. The patient will have brain wave activity and body systems monitored throughout the night by a sleep technologist who remains outside the room at a control center. Most patients find it similar to sleeping in a hotel and are able to fall asleep quite easily. After a sleep study is our **Board Certified** physicians will interpret the results and prepare an individualized treatment plan.

**01**

Get registered/ referred

**02**

Insurance Coverage

**03**

Treatment for Sleep Disorders

**04**

Common Sleep Disorders

**05**

The Night of your Study

**06**

Type of Sleep Studies

**07**

Our Doctors



# Don't Let Sleep Apnea Steal Your Sleep

## 01

Consultations with the center's medical staff can be arranged by calling us directly or through a referral from your primary care physician.

## 02

Sleep testing is covered by most insurances including Medicare, but you should always verify coverage with your provider ahead of time

## 03

Using the latest technology available, we provide testing and treatment for the entire range of sleep disorders in adults and children – all in a comfortable setting that includes:

- private sleeping rooms
- bathroom facilities
- WiFi

## 04

- Sleep Apnea – Pauses in breathing associated with snoring, gasping for breath, and unrefreshing sleep.
- Narcolepsy – Excessive sleepiness during the day which can be associated with involuntary napping.
- Insomnia – Difficulty falling asleep or staying asleep.
- Parasomnias and Nocturnal Seizures.
- Sleepwalking or other unusual body movements during sleep.



# Don't Let Sleep Apnea Steal Your Sleep

## 05

- No caffeine, alcohol, or tobacco after 10 am the day of your test.
- No naps on the day of your test.
- Bring something comfortable to sleep in.
- Bring any medications that you may need to take including breathing treatments.
- Eat dinner before coming for your test.
- All males - be clean shaven and bring / wear shirt to sleep in.
- All females - No hair spray or makeup No wigs, toupees or hair pieces.
- Please Bring your own toiletries for the night of your study.
- If you are on home oxygen, please come with a full tank (oxygen) for transporting to sleep room. We have oxygen in the sleep rooms for overnight use.
- The results of your sleep study should be available within 1 weeks from the day of your study.

## 06

### DIAGNOSTIC STUDIES

- Diagnostic Studies are used to evaluate whether you have a sleep disorder. if you are diagnosed with Obstructive Sleep apnea you will need another sleep study to treat the condition using a CPAP machine.

### CPAP STUDY

- CPAP Study is performed to determine the ideal pressure setting. (A mask is worn over the nose/mouth)

### HOME SLEEP TESTING

- Home Sleep Testing is a modified sleep study that is performed in your home with a portable monitor. It is use only to look for Obstructive Sleep apnea.

### MSLT / MWT

- MSLT/ MWT is used to assess sleepiness. it is followed by an overnight sleep study. It is comprised of 4-5 nap sessions. You will be given 20 minutes to fall asleep every 2 hour



**REGISTER NOW >**



# Don't Let Sleep Apnea Steal Your Sleep

**07**



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