

Morrow County Hospital
Sleep Lab



**A Good
Night's Sleep**
Makes You Feel
**Refreshed
and Awake**



**Morrow County
Hospital**
OhioHealth

Associated with OhioHealth

Morrow County Hospital

Sleep Lab

The Morrow County Hospital Sleep Lab offers complete sleep testing close to home in a home-like atmosphere.

A physician suspecting an individual of having a sleep disorder would normally order a Polysomnogram (PSG). A PSG is a painless overnight test that continuously records a broad range of physiological factors such as: brain wave activity, eye movements, snoring, muscle activity, heart rate and rhythm, nasal airflow, breathing depth and blood oxygen saturation. A continuous infrared video records body positioning and movements during the test.

The Sleep Lab's dedicated staff will work with you to schedule and perform your sleep study. They will answer any questions you may have and will provide follow-up as long as needed to help you get a good night's sleep.

Millions of people who have sleep disorders may think it is normal to feel sleepy during the day or to have restless or sleepless nights. A good night's sleep makes you feel refreshed and awake.

If you have one or more of the following symptoms, you may have a sleep disorder:

- Feeling grumpy
- Morning headaches
- Lack of concentration
- Weight gain
- Depression
- Memory problems
- High blood pressure
- Falling asleep with driving or at work
- Less able to handle stress



SLEEP APNEA & SNORING

Sleep apnea causes you to stop breathing for short periods. You may snore, snort, gasp or make choking sounds. This may disturb your sleep and you may not be aware of it.

Normal Breathing

- Airway is open
- Air flows freely to lungs



Obstructive Sleep Apnea

- Airway collapses
- Blocked air flow



If not treated, a sleep disorder could lead to:

- Diabetes
- Heart attack
- Stroke
- Congestive Heart Failure (CHF)
- Problems at work or home



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Program information:

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