

# Sleep Medicine Program

A collaboration between Samaritan Health Services and The Corvallis Clinic



Samaritan  
Health Services

 The  
Corvallis Clinic™

# Here to help you get the sleep you need

Sleep disorders affect millions of people each year. Thankfully, sleep medicine experts can help people achieve the sleep necessary to live productive, rested lives.

Samaritan Health Services and The Corvallis Clinic are collaborating to provide comprehensive diagnosis and treatment of sleep disorders in Albany, Corvallis, Lebanon, Newport and Lincoln City. Samaritan Sleep Lab in Newport, Samaritan Sleep Center – North Albany and Samaritan Sleep Center – South Albany serve patients in Benton, Lincoln and Linn counties.



## Identifying and treating sleep disorders

There are a number of common sleep problems that can greatly disturb nighttime sleep, causing excessive daytime sleepiness and fatigue. In some cases, these problems can cause conditions that are dangerous and damaging to the heart.

### Obstructive sleep apnea

The most common reason people are referred for a sleep evaluation is that they suffer from symptoms of sleep apnea — characterized by snoring, sleep apnea causes daytime fatigue and drowsiness.

Sleep apnea has other potential side effects, including weight gain, elevated blood pressure, depression, irritability, memory lapses, complications with diabetes and even heart attack or stroke. Sleep apnea may also occur in children, with significant impact on daytime behavior and scholastic abilities.

### Central sleep apnea

A non-obstructive form of sleep apnea can occur in patients who have congestive heart disease, stroke and neurological conditions. It can also be related to the use of strong pain medication.

### Snoring

Snoring may be an early warning of more serious conditions. Consult a sleep specialist about snoring to reduce the risk of developing sleep apnea.

### Sleep hypoventilation

Other breathing disorders may occur during sleep to cause hypoventilation. This is when the airway remains open, but the chest and abdominal muscles do a less efficient job to aid breathing.

### Restless legs syndrome and periodic limb movement disorder

Restless legs syndrome is characterized by unpleasant “creepy, crawly” sensations in the legs when sitting or lying still, especially at bedtime. The constant need to stretch or move the legs to stop the sensation can result in restless nights. Periodic limb movement disorder is characterized by repetitive, involuntary leg movements during sleep. These movements typically involve the extension of the big toe and flexing the ankle, knee and hip which can cause sleep disruption.

## Narcolepsy

Narcolepsy is a sleep disorder that makes people feel constantly sleepy and fall asleep suddenly, often at inappropriate times.

## Insomnia

Insomnia is defined as trouble falling asleep or staying asleep. Chronic insomnia may develop and last for months or even years in response to persistent stress, and may also be related to overuse of stimulants or alcohol, shift work, environmental factors or a medical illness.



## Circadian disorders

Circadian disorders are disruptions of the timing of brain and body activities associated with waking and sleeping. When a person's circadian clock malfunctions, alertness or sleepiness may occur at the wrong time or not at all. Night shift work may make it hard to sleep during the day despite fatigue.

Another condition, delayed sleep phase syndrome, is characterized by not feeling sleepy until very late at night and then wanting to sleep late. Seasonal affective disorder is a form of delayed sleep phase syndrome caused by reduced exposure to daytime sunlight.

# What happens in a sleep lab or center?

If your primary care physician suspects you have a sleep disorder, you may be referred to a Corvallis Clinic sleep provider. The sleep provider will review your sleep and medical history with you and describe how to evaluate and treat your particular sleep concern.

Some patients may be diagnosed and receive a treatment plan from an office visit alone. If more information is needed, you may be scheduled for an overnight study at a sleep lab or center.

During your stay, a sleep technologist will place small sensors on your body. The sensors are painless and non-restrictive and allow you to move about and change sleeping positions as often as you like. While you sleep, information about your brain activity, quality of sleep, eye movements, muscle tone and multiple aspects of breathing will be recorded on a sleep analysis computer.

A see-in-the-dark video camera also records any abnormal body movement or behavior as you sleep. A sleep provider will explain the results and possible treatment recommendations at a follow-up appointment.

Usually, one night in the sleep lab is all that is required for a diagnosis. However, a second night may be recommended.



## At-home sleep testing

At-home, portable sleep testing is available for patients who are suspected of having obstructive sleep apnea. This cost-effective service is ideal for people who are unable to participate in a traditional overnight study. Also, some insurance companies require patients suspected of having sleep apnea to undergo a home sleep test instead of an in-lab sleep study for diagnostic purposes. Eligible patients must be:

- Pre-screened by a board-certified sleep physician.
- In relatively good health.

If you are interested in at-home, portable testing for sleep apnea, ask your primary care provider for a referral to The Corvallis Clinic Sleep Medicine Department.

## How are sleep disorders treated?

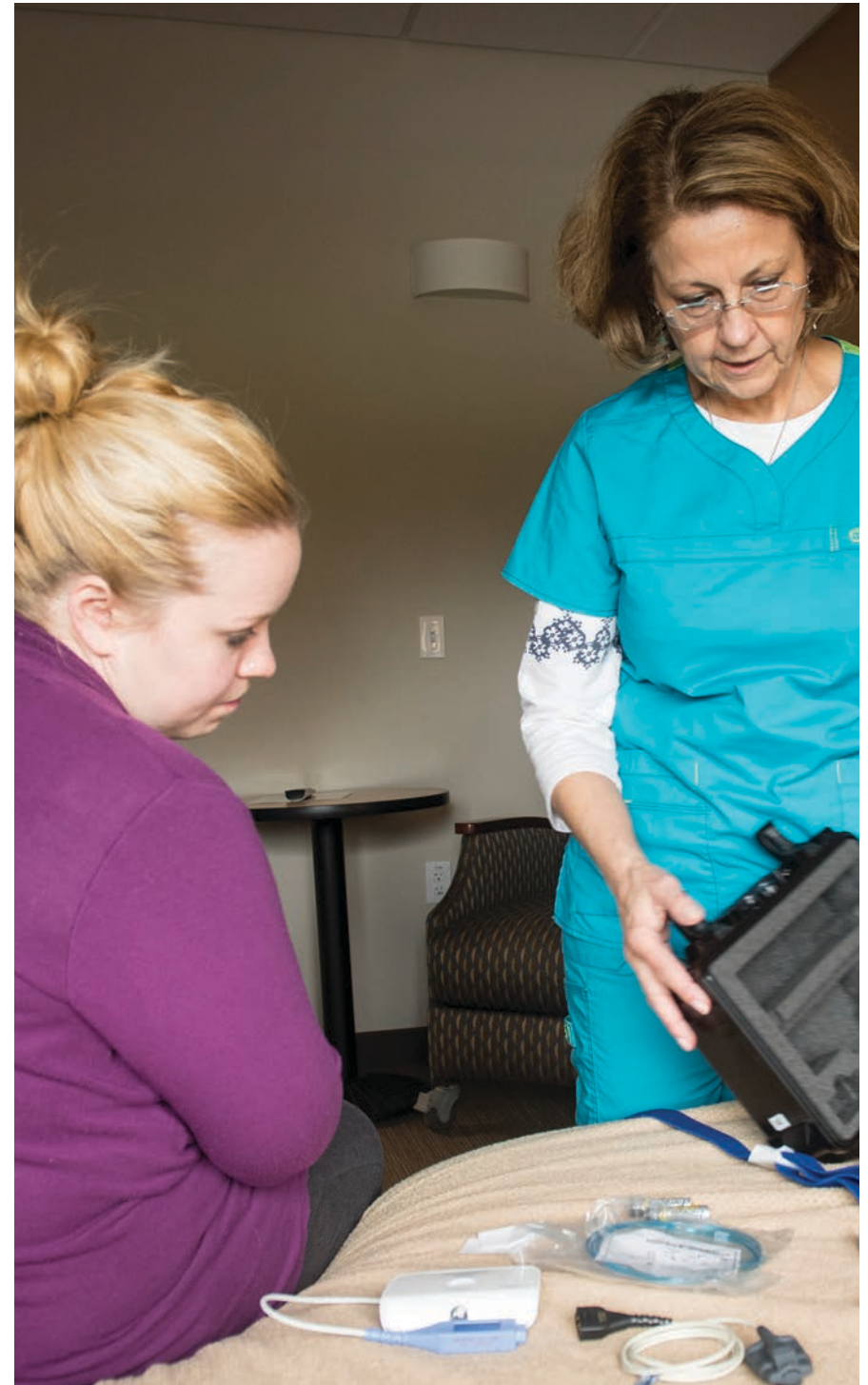
Some sleep disorders, such as narcolepsy or restless legs syndrome, are treated primarily with medications. Others, such as insomnia, may be treated by a combination of patient education, lifestyle changes and selective use of medication.

All sleep-related breathing disorders can be treated. Mild cases of sleep apnea may be treated with lifestyle changes, such as losing weight, a change in sleeping position or abstaining from tobacco, alcohol or other medications. Dental appliances that hold the jaw forward during sleep may also be effective in mild to moderate cases. In some cases, surgery may be appropriate.

The gold-standard treatment for most cases of sleep apnea is continuous positive airway pressure therapy (CPAP). It is extremely effective in keeping the airway open and restoring normal, uninterrupted sleep.

Hypoventilation can be treated with a breathing therapy known as bi-level positive airway pressure (BiPAP), which increases the amount of air inhaled when breathing efforts weaken.

Specialized devices can be used to treat patients with complex breathing disorders, including central sleep apnea and neurodegenerative diseases.



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## Our sleep lab and centers

Samaritan Health Services has locations in Albany and Newport where we are able to provide timely sleep studies and an array of diagnostic and treatment options for sleep disorders for adults and children in the mid-Willamette Valley and central Oregon Coast.

All three locations are accredited by the Accreditation Commission for Health Care and provide high-quality, advanced care. Our medical director provides consistency throughout our centers to ensure the best possible care is available — no matter where you go. Patients can choose a location convenient to where they work or live and based on the services they need.

## Newport

### Samaritan Pacific Sleep Lab



930 SW Abbey St. | Newport | 541-574-3551

Located in Samaritan Pacific Communities Hospital.

Samaritan Pacific Sleep Lab is a department of Samaritan Pacific Communities Hospital. The lab consists of two private sleep evaluation rooms.

Sleep studies provided at the sleep lab include:

- Daytime studies.
- Overnight studies.
- CPAP titrations.
- Home sleep testing.

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## Albany

### Samaritan Sleep Center – North Albany



534 Pleasant View Way NW, Suite 400 | Albany | 541-812-5040

Located at Samaritan Medical Plaza.

Samaritan Sleep Center – North Albany is a department of Samaritan Albany General Hospital. The lab consists of private sleep evaluation rooms.

Sleep studies provided at the sleep center include:

- Overnight studies.
- CPAP titrations.

### Samaritan Sleep Center – South Albany



950 29th Ave. SW | Albany | 541-812-5040

Located on the corner of Pacific Boulevard and 29th Avenue.

Samaritan Sleep Center – South Albany is a department of Samaritan Albany General Hospital. The lab consists of private sleep evaluation rooms.

Sleep studies provided at the sleep center include:

- Daytime studies.
- Overnight studies.
- CPAP titrations.
- Home sleep testing.
- Multiple sleep latency.
- Maintenance of wakefulness test.
- Pulse-oximetry.





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