

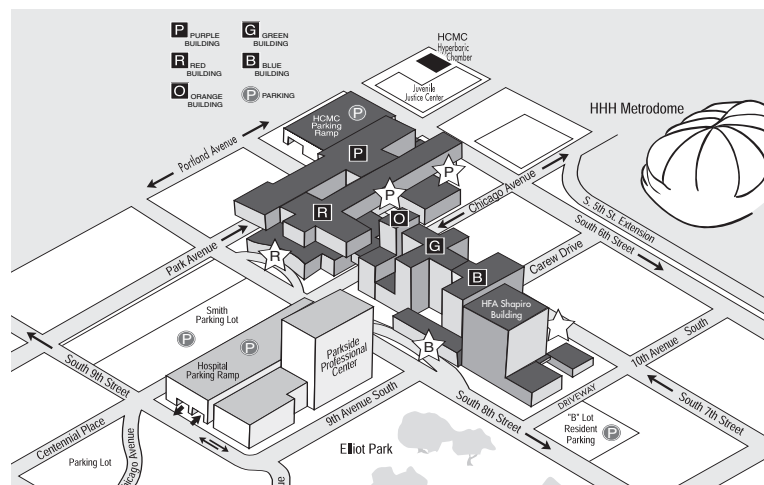
Education

The Minnesota Regional Sleep Disorders Center is actively committed to providing practical and accurate information about sleep disorders to the general public and medical community by sponsoring lectures and offering a wide variety of educational and training programs.

Research

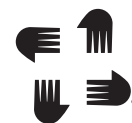
Although our primary function is to evaluate clinical patients with sleep disorders, clinical research is continuously being performed. We are nationally and internationally recognized for our educational and research achievements and clinical expertise.

For recorded directions,
call: (612) 873-9800



The Minnesota Regional Sleep Disorders Center is located in downtown Minneapolis, at 900 S. 8th Street, on the eighth floor of the Green Building at G8.220.

For more information:
1-800-343-6774
(612) 873-6201
www.hcmc.org



Hennepin County
Medical Center

Hennepin County Medical Center provides services without regard to race, color, creed, religion, age, sex, disability, marital status, sexual orientation, public assistance or national origin.

Sleep Center



Hennepin County
Medical Center

Sleep Disorders

Sleep disorders affect approximately 40 million Americans—but only 5 percent of these are diagnosed and treated.

The symptoms of sleepiness, snoring, or an inability to concentrate may not seem like reasons to seek medical attention; however, in addition to the psychological and social effects, any of these symptoms could be the result of an undiagnosed medical condition. And left untreated, sleepiness and sleep-wake disorders can lead to life-threatening cardiovascular disease.

Our Services

The vast majority of sleep disorders can be readily diagnosed and treated. The Minnesota Regional Sleep Disorders Center is a fully accredited, full-service sleep disorders center, offering an experienced, objective and systematic approach to the diagnosis and treatment of sleep-wake disorders.

Our nationally recognized center features:

- Comprehensive, state-of-the-art testing
- Sleep studies
- Consultation, follow-up and referral services
- Multidisciplinary consultations
- Ten fully-equipped sleep rooms in the Sleep Laboratory
- Board-registered and Board-Qualified Technologists
- Physicians certified by the American Board of Sleep Medicine

Insomnia

What's keeping you from a good night's sleep?

Difficulty falling asleep, staying asleep, or waking up too early are a few of the many signs of insomnia. There are three types of insomnia – transient insomnia which lasts only for a few nights; short-term insomnia which lasts for two or three weeks; and chronic insomnia in which poor sleep lasts three weeks or longer.

The most common symptoms of insomnia are sleeplessness, anxiety, impaired memory, irritability, and difficulty with concentration.

Sleep Apnea

Sleep apnea is a disruption of breathing during sleep in which there are brief periods throughout the night when breathing stops. People with sleep apnea may not actually get enough oxygen and have inadequate sleep.

Obstructive sleep apnea is the most common type and is due to an obstruction in the throat during sleep. Causes of the blockage could include tongue, tonsils, and fatty tissue in the throat or relaxed throat muscles.

Central sleep apnea is very rare and is caused by an interrupted or delayed signal from the brain to breathe.

The most common symptoms of sleep apnea are loud snoring, waking up feeling unrefreshed,

Narcolepsy

having trouble staying awake during the day, headaches, waking up during the night and feeling like you are choking.

People with narcolepsy experience the irresistible need to sleep no matter how much sleep they get at night. They may fall asleep while working, talking or driving a car, with attacks lasting from 30 seconds to more than 30 minutes. Some people with narcolepsy may also have cataplexy, a sudden decrease in muscle control, usually associated with strong emotions such as anger or laughter.

Restless Legs Syndrome

Restless legs syndrome (RLS) is a discomfort in the legs when people are sitting or lying still. Persons with RLS feel the constant need to stretch or move their legs, which prevents them from falling asleep. Symptoms are most likely to occur during periods of inactivity, especially while sitting.

Pediatric and adolescent sleep disorders

Pediatric sleep disorders are very common. In fact, all of the sleep disorders that affect adults have a pediatric counterpart. The most common problems are of the sleep/wake schedule (difficulty falling or staying asleep, or inability to sleep at desired times). Infants and children also suffer from sleep apnea. Narcolepsy typically begins in adolescence and may affect younger children. Unusual motor behavior during sleep may result from sleep terrors, sleepwalking or nocturnal seizures.