

## Sleep well. Live well.

Healthy sleep is essential to a healthy life. Chronic sleep problems affect every aspect of life, from physical wellbeing to economics and public safety. Sleep deprivation has serious negative consequences, especially for shift workers. Inadequate sleep can increase the risks of hypertension, diabetes, obesity, depression, heart attack and stroke.

The Sleep Disorders Center of Self Regional Healthcare, accredited by the American Academy of Sleep Medicine, specializes in the evaluation of all types of sleep disorders including obstructive sleep apnea, sleep disordered breathing, narcolepsy and disorders of hypersomnia, insomnia and circadian rhythm disorder.

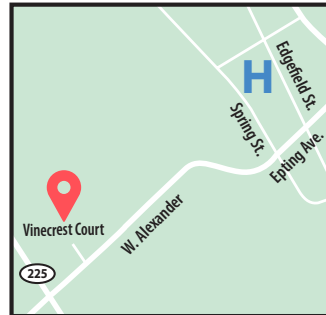
Our comprehensive team of sleep professionals includes board-certified sleep physicians, certified polysomnography technicians, sleep navigators, and a clinician certified in clinical sleep health. The team is committed to offering each patient a complete and individualized evaluation.

## Scheduling an appointment

For questions or to request further information, please call (864) 725-4480.

### Location

Self Medical Center Tower Pointe  
105 Vinecrest Court, Suite 1200  
Greenwood, S.C. 29646



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HEALTHCARE

SLEEP DISORDERS CENTER



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## Our Services

### Polysomnogram

To diagnose your sleep problem and provide appropriate therapy, your specialist may recommend an overnight stay at our sleep center for a polysomnogram. You will sleep in a comfortable room while a trained and licensed sleep technologist monitors and records your brain waves, heartbeat, breathing patterns, eye movements and blood oxygen levels.

### Home Sleep Apnea Test

To help diagnose Obstructive Sleep Apnea your physician may recommend a Home Sleep Apnea Test. The team will send you home with one or more devices that help measure your breathing, blood oxygen level, heart rate, or other data.

### Titration

Positive Airway Pressure (PAP) is a treatment for disorders such as obstructive sleep apnea. Titration involves an overnight study during which the technologist adjusts your PAP device to help you breathe. After observation, your sleep specialist may recommend adjusting the PAP setting.

### Positive Airway Pressure (PAP and BiPAP)

If you have been diagnosed with obstructive sleep apnea, your doctor may recommend a PAP device to help you sleep through the night without interruptions in breathing that disturb your sleep. You may take advantage of a walk-in PAP clinic on Friday afternoons from noon to 3 p.m. for assistance with your PAP device and mask issues.

### Multiple Sleep Latency Test

This study helps your specialist assess how sleepy you are during the day by measuring how easily you fall asleep in a quiet environment. Excessive daytime sleepiness may signify narcolepsy and other disorders.

The multiple sleep latency test is conducted after an overnight, in-lab sleep study. The test itself takes a full day to conduct, but it is simple and painless. You will take five 20-minute nap trials, one every two hours. During the trials, you lie quietly in bed and a series of sensors will determine how long it takes you to fall asleep and the sleep stage(s) you enter.

### Maintenance of Wakefulness Test

Like the Multiple Sleep Latency Test, this all-day study helps gauge your daytime alertness in a quiet environment. Reduced alertness may signify a sleep disorder. During each of the four 40-minute trials, one every two hours, you sit quietly in bed while the sleep specialist uses sensors to determine your ability to stay awake.

## Our Healthcare Providers



### O.M. Cobb, M.D.

- Diplomate, American Board of Internal Medicine - Sleep Medicine
- Undergraduate: Newberry College Newberry, SC
- Medical School: Medical University of South Carolina, Charleston, SC
- Internal Medicine Residency: United States Naval Hospital Philadelphia, PA
- Pulmonary Diseases Fellowship: National Naval Medical Center, Bethesda Maryland, MD



### Raymond Lewis, M.D.

- Diplomate, American Board of Internal Medicine - Sleep Medicine
- Undergraduate: University of South Carolina Columbia, SC
- Medical School: Medical University of South Carolina in Charleston, SC
- Internal Medicine Residency: University of Alabama, Montgomery, AL
- Pulmonary Diseases Fellowship: Wilford Hall Medical Center, San Antonio, TX



### Chacko John, M.D.

- Diplomate, American Board of Sleep Medicine
- Undergraduate: Kerala University Kerala, India
- Medical School: Kerala University Kerala, India
- Pediatric Residency: Wayne Oakland Adolescent and Child, Pontiac, MI
- Neonatal Fellowship: Duke University, Durham, NC

## About Your Stay

If your doctor recommends an overnight, in-lab sleep study, you will stay at the Self Regional Healthcare Sleep Disorders Center.

We will provide for you a comfortable stay at our facility. Upon your arrival, you will settle into a private room with a private restroom. Your sleep technologist will explain the procedure and how you will be connected to the monitoring equipment. Once you are ready for the test, you will be able to get up for restroom and other necessary breaks.

You should prepare to spend the night in much the same way you would prepare for a hotel room stay. You will need your personal items including comfortable sleeping clothes. Sheets and towels will be provided for you. Each room has a television with Dish network channels.

Please bring all of the medications that you routinely take at bedtime.

