

**SHOULD YOU SEE A SLEEP SPECIALIST?**

- Y N Do you seem to suffer from poor sleep?
- Y N Do you snore loudly?
- Y N Do you often feel tired, worn out and sleepy during the day?
- Y N Do others say you stop breathing during sleep?
- Y N Do you have high blood pressure?

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Taking the following test can help determine if you should be concerned about a sleep disorder. Choose the number that is most appropriate for each situation.

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

- \_\_\_\_\_ Sitting and reading
- \_\_\_\_\_ Watching TV
- \_\_\_\_\_ Sitting inactive in public
- \_\_\_\_\_ Car passenger for an hour
- \_\_\_\_\_ Lying down in the afternoon
- \_\_\_\_\_ Sitting and talking with someone
- \_\_\_\_\_ Sitting quietly after lunch (no alcohol)
- \_\_\_\_\_ Stopped for a few minutes in traffic

\_\_\_\_\_ **TOTAL**

If your score is 10 or higher, be sure to share this information with your primary care physician. A sleep study may be needed to determine if you have an underlying sleep disorder.



**CONTACT US**

If you are having sleep problems, you can meet with a sleep specialist or contact your primary physician. If your primary physician suggests having a sleep study, he or she will need to fill out our Direct Referral Form, available on our website, and fax it to 410-763-7051.

Contact us at 410-822-1000, ext. 5338 to begin improving your sleep.

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[umshoreregional.org/programs/sleep](http://umshoreregional.org/programs/sleep)

REGIONAL SLEEP DISORDERS CENTER  
**SLEEP WELL,  
LIVE WELL**



### SLEEP WELL, LIVE WELL

The average person spends approximately one third of his or her life sleeping. Problems occurring during sleep can have a major impact on your health and quality of life.

Millions of Americans experience chronic sleep problems, including the one in five people that studies suggest suffer from sleep apnea. Left untreated, sleep disorders have been linked to increased risk of heart attacks, diabetes, obesity, hypertension, stroke, depression and impotence, and can disrupt job performance, mood and daily functioning.

Sleep is a complex process that changes how your body regulates muscle control, breathing patterns, heart rhythm, and the functions of other body organs. The effect of these changes can be evaluated by monitoring your sleep.

A sleep study is a painless, overnight test that uses surface electrodes and other monitors placed at various points on your body to record the electrical signals your body produces during sleep. Some of the signals monitored during a sleep study include brain waves, muscle movements, breathing, snoring, heartbeat, eye movements, leg movements, and oxygen levels.

### DIAGNOSIS OF SLEEP DISORDERS

The University of Maryland Shore Regional Health Sleep Disorders Center provides outpatient testing and evaluation in a comfortable, homelike setting. Both diagnostic and therapeutic studies are performed to determine if you have a sleep disorder. All studies are painless and involve observations of patients' sleep patterns. We offer the following types of testing:

- **Night-Time Polysomnogram (NPSG)**  
An overnight test that measures your sleep, including airflow through your nose and mouth, snoring, breathing patterns, heart activity, oxygen level, brain wave patterns, eye movement, and the movement of breathing muscles, arms and legs.
- **Continuous Positive Airway Pressure (CPAP)**  
An overnight recording similar to the NPSG. In this test, breathing disorders detected during the study are corrected using a specialized breathing mask.
- **Multiple Sleep Latency Testing (MSLT) and Maintenance of Wakefulness Testing (MWT)**  
These tests measure day time sleepiness to establish an accurate diagnosis and treatment.
- **Home Sleep Testing**  
For specific patients without other medical issues, and with a high probability of sleep apnea complaints. Our protocols adhere to Standards for Out-of-Center Sleep Testing of the American Academy of Sleep Medicine to ensure quality data.
- **Overnight Oximetry**  
In-home recording of overnight oxygen and pulse rate.
- **Actigraphy**  
Extended home monitoring of daytime and nighttime activity patterns over 7 to 14 days.

### ABOUT US

The Regional Sleep Disorders Center of Shore Health is a team of highly trained specialists committed to comprehensive care of every patient. It is the only Sleep Center in Maryland accredited by the American Academy of Sleep Medicine serving the regions east of Baltimore and Washington, D.C.



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Our technologists are board-certified and state licensed as Registered Polysomnography Technologists. They are committed to patient satisfaction and consistently receive high marks from patients regarding their professional and considerate care during sleep studies.

