

You probably already know that getting a good night's sleep is as important as eating right and exercising. But the quality of your sleep is also important. Quality sleep can impact not just your energy levels, but also your health and your mood.

How much sleep do you need each night?

Infants

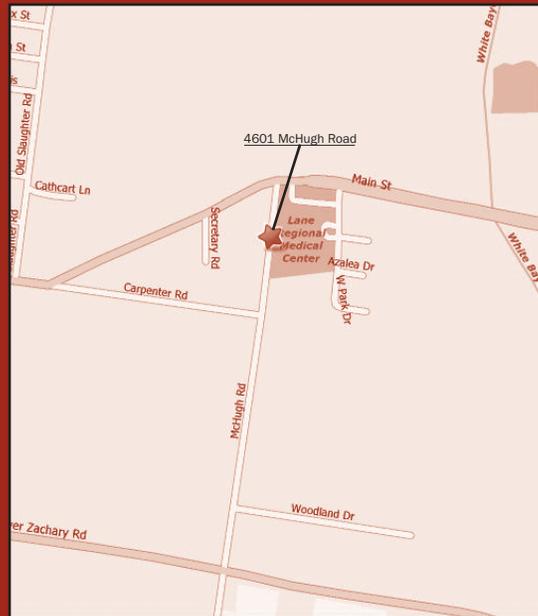
- Birth–2 months need 10.5–18 hours
- 2–12 months need 14–15 hours

Toddlers/Children

- 12–18 months need 13–15 hours
- 18 months–3 years need 12–14 hours
- 3–5 years old need 11–13 hours
- 5–12 years old need 9–11 hours

Adolescents need at least 8.5–9.5 hours

Adults typically need 7–9 hours



 **THE SLEEP
STUDY CENTER**
AT LANE REGIONAL MEDICAL CENTER

4601 McHugh Road
Zachary, Louisiana 70791
(225) 767-8550 | LaneRMC.org

 **THE SLEEP
STUDY CENTER**

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an affiliate of Louisiana Sleep Foundation

*Are you tired of not sleeping?
Do you or a loved one snore or
stop breathing while sleeping?*

We can help!



Common Sleep Disorders

Sleep Apnea – loud snoring with periods of silence followed by gasps or pauses in breathing during sleep, each lasting long enough that one or more breaths are missed and occur repeatedly throughout sleep.

Narcolepsy – excessive and overwhelming daytime sleepiness, in which a person falls asleep during the day at inappropriate times, such as at work or school, even after adequate night time sleep.

Restless Legs Syndrome – an irresistible urge to move one's body to stop uncomfortable or odd sensations that feel like creeping, burning, itching or tickling in the muscles.

Insomnia – an inability to fall asleep or stay asleep, often complaining of being unable to close one's eyes or rest the mind for more than a few minutes at a time.



Diagnosis

The Sleep Study Center at Lane Regional Medical Center offers a full line of testing regimens to evaluate suspected sleep disorders.

The most common test is a Sleep Study, or polysomnogram, which is a scientific assessment of sleep staging as related to respiration (oxygen monitoring), brain wave activity, muscle movement, and snoring.

Patients spend the night in our comfortable and private, almost-like-home Sleep Clinic so sleep patterns can be recorded accurately. The data gathered is evaluated and an education and treatment plan recommended.

Other Diagnostic Services offered are:

- Continuous Positive Airway Pressure (CPAP) titrations
- Mean Sleep Latency Test (MSLT)
- Mean Wakefulness Test (MWT)
- Restless Leg Syndrome Testing

Most insurance policies do cover sleep studies.

Treatment

A variety of treatment options are available, including:

- Total medical management of your Sleep problems by our Health Care Team
- Medication maintenance and management based on your Sleep needs
- Alternative Therapy & Consultation to treat underlying causes of your Sleep Problems
- Consistent Follow-up Regimens that can prevent future Health Problems
- Surgical referrals as warranted by your particular Sleep problems
- Equipment and Accessories for your Sleep device needs
- Clinical Research Opportunities for patients who qualify

How to make an appointment

Making an appointment is easy!

1. Either ask your physician to refer you the Sleep Study Center at Lane Regional Medical Center, 4710 McHugh Road, Zachary, LA 70791;
2. Call us at (225) 767-8550 to set up an evaluation with our clinical staff; or
3. Email us to set up an evaluation with our clinical staff at tmartinez@lsfbr.org

About Our Medical Director



J. Kyle Schwab, M.D., DABSM

Dr. Kyle Schwab attended Louisiana State University in Baton Rouge and completed his undergraduate in 1992. In 1996, he completed Medical School at Louisiana State University Medical Center in Shreveport. His postgraduate training was performed at Vanderbilt University Medical Center where he finished a combined Internal Medicine and Pediatric Residency in 2000.

In March 2005, he became Board Certified in the specialty of Sleep Medicine. He is now one of the few physicians in Louisiana that is a Diplomat of the American Academy of Sleep Medicine.