

Experts With Experience

We've assembled a multidisciplinary team of physicians and medical professionals with expertise.

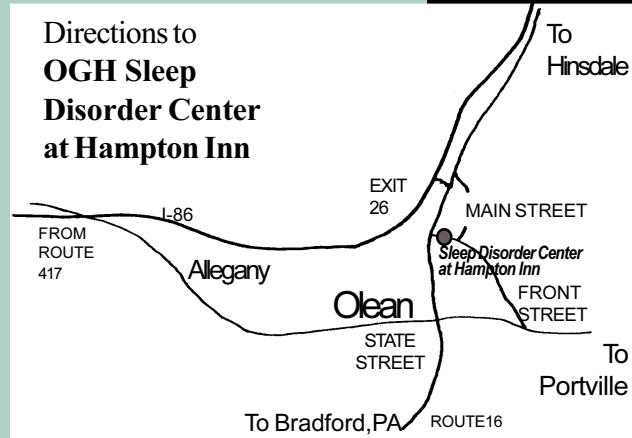
The Sleep Disorder Center is directed by Eric TenBrock, M.D. He is board certified in internal medicine, pulmonary disease and sleep medicine.

The following other professionals play a central role on the team: the Cardiopulmonary Department Manager at OGH, Registered Polysomnography Technologists, Sleep Lab Technicians and an Administrative Assistant.

Medicare and most health insurance plans accepted for sleep disorder evaluations and treatment.



Directions to OGH Sleep Disorder Center at Hampton Inn



HOURS:

By appointment.
Physician referral required.

FOR INFORMATION CONTACT:

Olean General Hospital
Sleep Disorder Center
located at Hampton Inn
101 Main Street
Olean, NY 14760
(716) 373-9300
www.ogh.org

SLEEP DISORDER CENTER



The first step to better sleep



The OGH Sleep Disorder Center at the Hampton Inn in Olean provides the most comfortable, home-like atmosphere to evaluate patient sleep disorders.

In our country alone, an estimated 40 million Americans suffer from sleep disorders ranging from insomnia to sleep apnea. Sadly, a large percentage of these sleep disorders go undiagnosed and untreated, resulting in restless sleep, diminished energy and/or a decline in overall health and wellness. The first step to better sleep is simply recognizing the problem.

Sleep disorders can be effectively diagnosed and treated through a comprehensive sleep study at our Joint Commission Accredited Sleep Disorder Center.

Sleep Disorder Diagnosis

If you or your partner suffer from excessive snoring, fatigue or irritability, or if you are affected by other conditions such as hypertension or diabetes and you have trouble sleeping through the night, you may be suffering from a sleep disorder.

Sleep disorders are complex and can be difficult to diagnose. That's why the Sleep Disorder Center works in partnership with your doctor and offers the most advanced diagnostic sleep testing available.

Overnight sleep studies take place in comfortable, private rooms at the Olean Hampton Inn while you are closely monitored by registered sleep technologists. These specially trained professionals observe sleep patterns and collect data that will help diagnose your condition.

Once results are compiled and analyzed, your doctor will receive a full report outlining both your diagnosis and a recommended treatment plan.

Rest Easy

If you have a sleep disorder, the quality sleep you're seeking can be a reality. The first step is to speak to your primary care physician about a referral for a sleep disorder evaluation.

Deluxe Accommodations

Enjoy all of the extras of a luxury hotel and receive a state-of-the-art sleep study including:

- Queen-size bed with high thread-count bedding, lumbar pillows & duvet covers
- Complimentary hot breakfast
- High-speed Internet service
- 25" TVs with remotes & cable/HBO
- Free DVD rental
- Coffeemaker, microwave & refrigerator
- Indoor pool & exercise room
- Hairdryer & clothes iron
- Free parking

Remember, the Sleep Disorder Center also specializes in diagnosis of pediatric sleep disorders in children and teens.



Sleep Self-Test

(Check next to each symptom you experience regularly)

- When I'm sleeping, my bed partner says I sometimes stop breathing, gasp for breath, and/or make loud snoring noises.
- During the day, I often feel the urge to sleep, and sometimes fall asleep at inappropriate times.
- For the past month or longer, I have had a difficult time falling asleep and/or staying asleep, and it's been harder to function during the day.
- I experience "attacks" of sleepiness that can be relieved by taking short naps throughout the day.
- My muscles go limp or I fall when I'm surprised, angry, excited or frightened.
- When sleeping, I get muscle aches, tension or a crawling sensation in my legs.

IF YOU MARKED THREE OR MORE STATEMENTS ABOVE, PLEASE SPEAK WITH YOUR DOCTOR TO DETERMINE IF A SLEEP STUDY MAY BE APPROPRIATE FOR YOU.

Visit our website at www.ogh.org