



Sleep Laboratory

Somebody disturbing your sleep?



NARDINI KLINIKUM
St. Elisabeth · Zweibrücken



Our team at the sleep laboratory

Sleep Laboratory

The **sleep laboratory at Nardini Klinikum** has four on-site monitoring units at Zweibrücken, plus one mobile monitoring unit. You will sleep in a relaxed atmosphere under medical supervision.

Most people start their day full of energy after a night of deep, undisturbed sleep. Not getting enough sleep or having sleep problems at night can lead to tiredness and decrease our cognitive and physical performance.

The cause is often sleep-disordered breathing such as **snoring or sleep apnea syndrome**.

Sleep apnea syndrome means that breathing repeatedly stops briefly during sleep.





Central and obstructive apnea

There are two types of apnea:

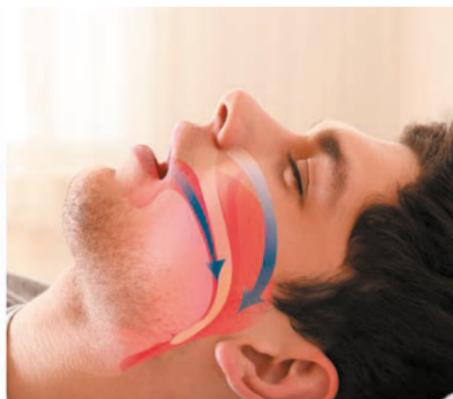
- » **central apnea** (breathing pause due to a missing inspiratory impulse from the brain) and
- » **obstructive apnea** (breathing pause due to obstruction of the upper airways by slackened airway structures).

The breathing pauses prompt the body to react with brief **arousals**, which prevents a restful sleep.

Due to the noise level involved, this problem also affects the partner who is often the first to detect it.



Open airways



Obstructed airways



Frequency and consequences

Lack of sleep and disturbed sleep can lead to physical fatigue and cause or worsen cardiovascular diseases. Disturbed sleep is very widespread among the general population.

In Germany, 1 in 4 people are affected on a more or less regular basis. **More than two thirds of all men above the age of 50 snore.**

There are more than 80 different sleep-related disorders. Among the purely physical sleep disorders, sleep-disordered breathing is the most common by far. **The most frequent non-organic sleep disorder is the so-called psychophysiological insomnia**, also known as insomnia due to increased physical or mental exertion, e.g. due to worries or stress.

Troubled sleep becomes significantly more frequent with age. It can lead to decreased performance, workplace or road accidents, mood swings, and impaired social life.



Typical symptoms

Primary symptoms:

- » Breathing pauses during sleep
- » Loud snoring
- » Daytime tiredness, tendency to fall asleep
- » Decreased performance

Other symptoms:

- » Lack of concentration
- » Irritability, sadness, depression
- » Agitation or restlessness at night
- » Intense sweating, urge to urinate at night
- » Headache in the morning
- » Hypertension and cardiac arrhythmias

i If you have a suspected sleep disorder which requires treatment, your general practitioner or treating specialist can arrange for you to be admitted to the sleep laboratory for a diagnostic polysomnography.



Examination at the sleep laboratory

A sleep laboratory is not a place where tests are conducted. It rather resembles a bedroom with furnishings to provide a quiet atmosphere.

Medical devices are used to monitor certain body functions which are essential for restful sleep, e.g. brain waves, heart rhythm, eye movement, respiration and respiratory sounds, blood oxygen saturation, and muscle movement.

For this purpose small electrodes are attached to head, chin, and one leg, and sensors are attached to stomach, chest, and one finger. Still, you can move freely like in your own bed.

While at our sleep laboratory, you are looked after by experienced internists, cardiologists, and pulmonologists who closely work with our nursing staff.



Treatment

Following diagnosis, any required therapy is initiated right at the sleep laboratory.

There are several treatment options available for sleep-disordered breathing which aim is to improve the breathing situation and relieve snoring and potential apnea.

Our treatment offering also includes general education about healthy sleeping habits. Sleep-disordered breathing can sometimes be improved by positional therapy because a supine position increases the risk for such disorders. **In severe cases of respiratory disorders such as sleep apnea syndrome, you will be prescribed a CPAP device.** The device supplies a slightly positive pressure to the upper airways in order to keep them open.

This type of support during the night helps to normalize breathing and you will be able to enjoy restful sleep again.

Information and appointments

Sleep laboratory



Chief Physician

Dr. med. Matthias Stopp

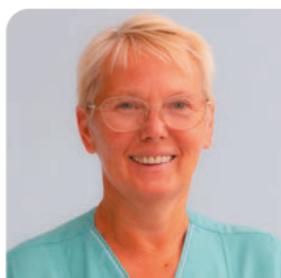
Internist, Cardiologist, Pulmonologist, Allergist



Senior Physician

Dr. med. Dominik Legner

*Internal Medicine, Pulmonology,
and Medical Intensive Care Specialist*



Kathrin Krause

Nurse, additional training in sleep medicine

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