



ESTES PARK
HEALTH

Sleep Lab

The path to healthier sleep is often the path to a healthier life.

Often, certain conditions involving the heart, lungs, [brain](#) or [weight](#) are related to [sleep problems](#). Participating in a sleep study is a positive first step toward regaining healthy sleep and improving your overall health. If you suspect that you might have a sleep disorder, and have not seen a physician, please call 970-586-2200 to schedule an appointment with your physician to discuss your sleep concerns. If your physician has ordered a sleep study for you, please call 970-495-8670 (PVH & MCR Sleep Centers) to schedule your study.

Since 2009, the Estes Park Health Sleep Lab has done over 1,233 sleep studies. The Sleep Lab is led by [Dr. Mark Neagle](#), a Board Certified Medical Doctor of Sleep, and meets all standards of American Academy of Sleep Medicine (AASM).

What's the purpose of a sleep study?

A sleep study measures characteristics of your sleep and your body's behavior during sleep. Sleep studies are used to:

- Diagnose sleep disorders
- Help clinicians determine the right treatment for sleep problems
- Adjust treatment for people already diagnosed with sleep conditions

Our sleep studies take place in the Sleep Lab located on the campus of Estes Park Health. The location is a self-standing structure, please follow the signs.

You'll sleep in a private bedroom that's designed for restful sleep (think: quiet, cool, and dark) and be monitored throughout the night, by sleep technicians who observe you and use technology that captures detailed data about your body's activity during sleep.

It's common for people to feel stressed and anxious about a sleep study, and to not sleep as well as they would at home. That's nothing to worry about. Sleeping less, and waking more often than you normally do, won't affect the results of a sleep study.

Symptoms that prompt a sleep study

There are several different sleep disorders that are diagnosed using sleep studies, including sleep apnea, periodic limb movement disorder, restless leg syndrome, and narcolepsy.

The STOP (Snoring|Tired|Observed| Blood Pressure) BANG (BMI|Age|Neck|Gender) questionnaire can help you understand your risk for obstructive sleep apnea.

STOP BANG Questionnaire

Sleep apnea is an interruption of normal breathing during sleep. Breath can become shallow (hypopnea) or briefly stopped altogether (apnea). Often, sleepers are not aware of these episodes of interrupted breathing. Symptoms of sleep apnea include:

- Snoring, often loud
- Gasping or choking sounds
- Dry mouth or sore throat upon waking
- Daytime tiredness
- Headaches
- Difficulty concentration
- Irritability and mood swings