



A GOOD NIGHT'S SLEEP

If you have sleep issues, talk with your doctor. We can help. If he or she feels a study could be beneficial, a referral to our sleep specialist or otolaryngologist may be made. Overnight sleep studies, as well as daytime diagnostic testing are available. Our specialists will work with you and your physician to develop an effective care plan for your sleep problems.

We are fully accredited by the American Academy of Sleep Medicine and focus on providing the highest quality of care. Our medical director is board certified in sleep medicine and our experienced staff members are board registered polysomnography technologists.

Hours of operation are

Monday – Friday 8 a.m. – 5 p.m.

Testing hours are

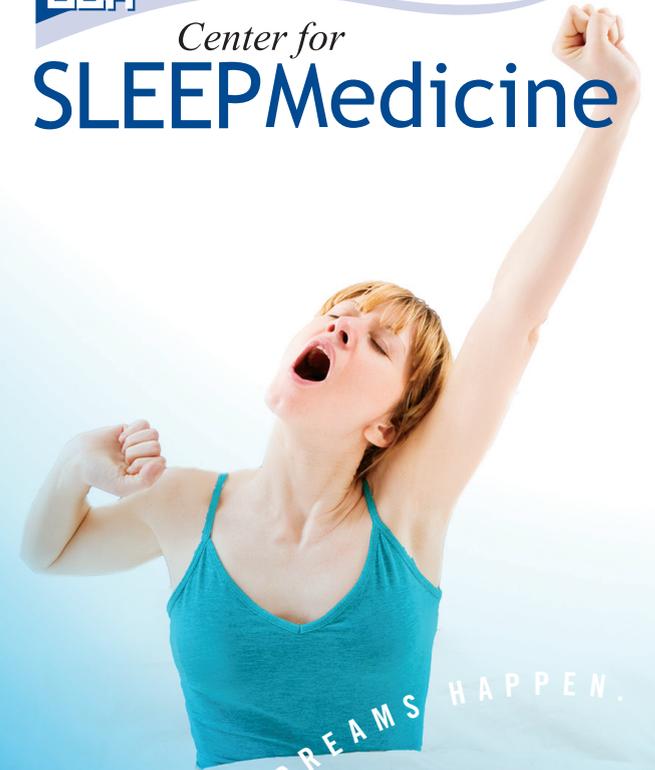
Monday – Friday 7 p.m. – 7 a.m.

OCH
Center for
SLEEPMedicine

305 Hospital Drive, Starkville, MS
(662) 615-3043 or (662) 615-3111

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MAKING DREAMS HAPPEN.

STARKVILLE, MISSISSIPPI



Sleep — it's one of our greatest needs, but many of us don't get enough.

An estimated one in three Americans has difficulty falling asleep or getting enough REM sleep. If you're one of them, OCH Center for Sleep Medicine can help. One night in our state-of-the-art sleep lab, which offers hotel-like accommodations and amenities, and you'll be on your way to future nights of restful, essential sleep.

OCH Center for Sleep Medicine offers a five bed innovative laboratory that specializes in evaluating and treating sleep disorders. Our modern facility offers short wait times for testing and quick turn around times for results. Our hotel-like suites are spacious, comfortable and quiet. The Center offers complimentary meal tickets to the OCH cafeteria for a hot breakfast.

Under the direction of a board-certified sleep specialist, the experts at OCH Center for Sleep Medicine are specially trained to evaluate, diagnose and manage all types of sleep disorders and will develop a plan to get you the sleep you need.

Full spectrum approach:

We offer a full spectrum approach on care in the diagnosis and treatment of individuals age 13 and older who may be experiencing:

- Sleep apnea (pause in breathing while sleeping)
- Restless leg syndrome with periodic movement in sleep (involuntary twitching of the arms and legs often during sleep)
- Insomnia (difficulty falling asleep)
- Narcolepsy (excessive daytime sleepiness)
- Bruxism (tooth grinding/clenching)
- Shift workers disorder
- Snoring (if associated with gasping, pauses or choking during sleep)

Types of procedures and testing offered:

- Polysomnogram (diagnostic/regular sleep study)
- CPAP/BiPAP Titration
- Oxygen Titration/Administration
- Multiple Sleep Latency Testing/Home Study Testing
- Maintenance of Wakefulness Testing

Common symptoms:

Feeling tired is not the only symptom from lack of sleep. Those who suffer from sleep disorders may experience some of the following symptoms:

- Weight gain (obesity)
- Difficulty staying awake while driving
- Frequent urination at night
- Depression
- Irritability
- Poor judgment and concentration
- Loud snoring that disturbs others
- Morning headaches
- Chest pains at night
- Reduction in memory
- Poor attention span
- Fatigue
- Impotence
- Restless sleep

We specialize in making dreams happen!