

CAUSES OF Sleep Disorders

MEDICAL DIAGNOSES:

Chronic pain, neurological disorders, respiratory issues, heart disease, and gastrointestinal problems disrupt sleep by causing discomfort or interfering with natural sleep cycles, leading to frequent awakenings, difficulty falling asleep, and poor sleep quality.

MENTAL HEALTH:

Anxiety, depression, stress, and PTSD can disrupt sleep by causing racing thoughts, restlessness, or nightmares. Over time, poor sleep can worsen mental health symptoms, creating a cycle of stress and sleep disturbances.


LIFESTYLE FACTORS:

Irregular work shifts, excessive screen time, poor sleep habits, and substance use disrupt the body's sleep-wake cycle, leading to poor sleep quality and difficulty feeling alert during the day.

OTHER FACTORS:


Pregnancy, menopause, and age can disrupt sleep through hormonal changes or physical discomfort. As people age, they may experience difficulty falling asleep, lighter sleep, or more frequent awakenings.

Contact CRHC's Respiratory Therapy Department

 (712) 542-8275

 ClarindaHealth.com

 220 Essie Davison Dr.
Clarinda, IA 51632





 **Department Hours**
Monday - Thursday
8:00am - 6:00pm

Friday - Sunday
8:00 am - 8:00 pm



 Clarinda
Regional Health Center

SLEEP HEALTH SERVICES

220 Essie Davison Dr. P (712) 542-2176 ClarindaHealth.com
Clarinda, Iowa 51632 F (712) 542-8233    

Signs You May Have A Sleep Disorder:

- Chronic exhaustion
- Trouble falling/staying asleep
- Loud snoring
- Breathing pauses while asleep
- Difficulty focusing or staying alert
- Uncontrollable leg movements at night
- Sleepwalking or talking

In-Lab Sleep Studies

Comprehensive Monitoring:

Full monitoring of brain activity, breathing, oxygen levels, and heart rate.

Diagnosis of Complex Conditions:

Ideal for diagnosing a wide range of sleep disorders.

Controlled Environment:

Sleep in a quiet, comfortable setting with direct supervision from sleep technicians.



Common Sleep Disorders We Treat:

INSOMNIA

Difficulty falling or staying asleep.

SLEEP APNEA

A breathing disorder that causes you to stop breathing for at least ten seconds while sleeping.

RESTLESS LEG SYNDROME

A tickling or prickly sensation in the legs, along with an urge to move them.

SNORING

The vibration of respiratory structures and resulting sound due to obstructed air movement while sleeping.

At Home Sleep Study Technology

An at-home sleep study is often the first step in identifying a diagnosis for any sleep health concerns.

Nox T3 Device is available at CRHC



Nox T3 Device is available at CRHC

Convenience:

Conduct the test in your own home with hands on guidance and instructions provided by our RT department.

Simplified Monitoring:

Focuses on diagnosing obstructive sleep apnea.

Cost-Effective:

Typically more affordable, with fewer sensors involved.

Follow up:

Once your provider orders the test, we will schedule a time for you to pick up the device and go through the instructions. Results are often available within a week.