MEET OUR SLEEP SPECIALISTS.

Our specially trained sleep technologists analyze every study in Holy Cross Hospital’s Sleep Disorder Lab where scored reports are attained by Sleep Med Inc. Our Medical Directors have extensive experience in helping our patients find the valuable rest they've been missing.

- **Douglas Whitmore, MD, PhD, FCCP**, Board Certified in Internal Medicine, Sleep Medicine, Critical Care Medicine, Pulmonary Medicine and Geriatric Medicine
- **Frank Sorhage, MD, FCCP**, Board Certified in Internal Medicine, Sleep Medicine, Pulmonary Medicine and Critical Care Medicine

With Holy Cross, You’re Closer Than Ever to a Good Night's Sleep.

For more information on what to expect during a sleep study, visit [www.cpap.tv](http://www.cpap.tv).

Your physician may call to order a sleep study or you may call to schedule a consultation with a sleep specialist at (954) 739-2111.

To learn more about the diagnosis and treatment of sleep disorders visit [HolyCrossSleepLab.com](http://HolyCrossSleepLab.com)

**Holy Cross Hospital**

Our mission is you.

4725 N. Federal Highway
Ft. Lauderdale, FL 33308
ARE YOU ONE OF THE 74% OF AMERICANS WHO AREN’T GETTING ENOUGH SLEEP?

Sleep is as important to our health as the air we breathe or the food we eat. With lack of sleep, we try to make it through the day with too much coffee or other caffeinated drinks taking a toll on our jobs, relationships, productivity and health. Worst of all, your safety, as well as the safety of those around you, is put at risk.

DO YOU HAVE A SLEEP DISORDER?

• Have you been told by a friend or family member that you snore?
• Do you often feel tired or have headaches in the morning?
• Do you have high blood pressure?
• Have you been told you have pauses in your breathing during sleep?
• Do you have diabetes?

If you’ve answered, “YES” to two or more of the above questions, it’s time to talk with your physician to determine if an overnight sleep study in Holy Cross Hospital’s Sleep Disorder Lab is needed to properly diagnose and treat the disorder. Depending on your physician’s diagnosis, a second night may be needed at the lab to complete treatment.

SLEEP STUDIES PROVIDE THE ANSWERS.

Sleep studies performed at Holy Cross Hospital’s Sleep Disorder Lab analyze your body’s sleep patterns throughout the night. This involves the placement of special sensors that record the activity of your heart, lungs, brain and muscles during the study. The sensors also monitor the air flow from your nose and mouth, as well as the level of oxygen in your blood. Technologists are available at all times should you need to get up during the night. A family member may accompany the patient if he or she is a minor or has special needs.

SLEEP APNEA LITERALLY TAKES YOUR BREATH AWAY.

Sleep apnea is very common and most people who suffer from it don’t even know it. While you sleep, it collapses your upper airway causing muscles in the soft palate to collapse while the tongue is relaxed, making it difficult to breathe.

Snoring - Partial obstruction of the airway

Complete obstruction of the airway

It can increase your risk of high blood pressure, heart disease, stroke, diabetes and falling asleep while driving. You may have sleep apnea if you’ve noticed any of the following symptoms:
• Loud snoring
• Gasping, choking or coughing throughout the night
• Waking up frequently
• Being tired throughout the day
• Obesity
• Morning headaches
• Lack of energy

HOW IS SLEEP APNEA TREATED?

The most common treatment for sleep apnea is Continuous Positive Airway Pressure (CPAP). It provides a gentle flow of positive air pressure through a nasal mask to keep the airway open during sleep. You’ll breathe normally throughout the night with less snoring, for more rest. In time, many patients’ blood oxygen levels return to normal for an improved quality of life that reduces the risk of high blood pressure, heart disease, stroke and diabetes.

SLEEP LAB / CPAP CLINIC

If you are currently using a CPAP or BiLevel device, have been referred for sleep testing or think you may have a sleep disorder, Holy Cross Hospital invites you to join us for our upcoming sleep disorder clinics.

Holy Cross Sleep Disorder Lab
5th Floor, 4725 N. Federal Highway
Fort Lauderdale, FL 33308
First Wednesday of each month, 8:00am-10:00am & 5:00pm-7:00pm

Holy Cross Medical Group Pulmonary Practice
1930 NE 47th Street, #205
Fort Lauderdale, FL 33308
By appointment only, call (954) 491-8981

Attending our CPAP Clinic provides you with:
• Education on sleep disorders
• Information from clinicians on compliance improvement
• Inspection of your device and all related accessories (if you are already using devices)
• Product and accessory displays for your information
• Availability of our clinicians to answer your questions regarding sleep disorders, our Sleep Disorder Lab, equipment, etc.

If any of the following apply, you may benefit from these clinics:
• Trouble sleeping
• Sleep disorders continuing after therapy
• Trouble with your CPAP/ BiLevel Device
• Trouble with your CPAP/ BiLevel Mask
• Interest in the latest equipment and supplies