



Banner Health

Ogallala Community
Hospital

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Sleep Studies at Ogallala Community Hospital

About our Sleep Studies

Ogallala Community Hospital offers a newly remodeled sleep lab staffed by a Registered Respiratory Therapist. We offer high-tech sophistication in homelike setting so testing and evaluation is as easy and comfortable as closing your eyes and falling asleep. We take pride in the quality of studies at Ogallala Community Hospital.

Definition of Sleep Apnea

Sleep lab studies are used to evaluate patients for sleep apnea. Sleep apnea is a physical condition that causes a person to either stop breathing completely or have decreased airflow to the lungs during sleep causing excessive snoring and waking unrested. A person breathes normally while awake, but when asleep the muscles in the body relax allowing the soft tissue of the throat to close off the airway. Not treating sleep apnea can lead to high blood pressure, strokes or heart attacks. People with sleep apnea are 2-5 times more likely to have a car or industrial accident.

Symptoms of Sleep Apnea

- **Daytime sleepiness/irritability**
- **Loud snoring (often interrupted by gasps)**
- **Depression/Anxiety**
- **Frequent Urination at Night**
- **Restless Sleep**
- **Morning Headaches**
- **Sexual Dysfunction**
- **Increased Appetite**

What to Expect

Patients are usually referred to a sleep study by their primary care physician. Once your evaluation is scheduled, you should have the pre-test preparations, test procedures and other special instructions explained to you.

Sleep testing is performed as close to the patient's normal sleep time as possible. This requires an overnight stay in our sleep lab. Research has shown that tests performed during the daytime do not produce the same results as nighttime testing because the patients sleep pattern and depth are not adequate during these hours.

Sleep studies are interpreted by a pulmonologist who is certified in Sleep Medicine.

Location

The Sleep Lab is located within Ogallala Community Hospital.



For more information or to schedule a sleep study, contact Terry Folk at (308) 284-7226



Banner Health®

Our Mission:

We exist to make a difference in people's lives through excellent patient care.

Italic Head

Conceptualizing random endpoints in a access matrix provides reach extensions enterprise wide. Respective divisions historically insignificant, upscale trend lines in a management inventory analysis survivability format. Document-centric projections unfettered traditional auditing practices rivaling central process management. Advanced functionality, easy administration, proclaim the hallmarks of unprecedented opportunity.

Iteration system-wide engenders economies of scale, cross-media technology, presentation action items and life cycle replication. Enterprise engendering accelerates initiative platforms, reducing staffing components, integration of technical accessibility, resulting in bottom line pluralisms, benefit-wise. Incidental re-sizing staff requirements through attrition can be accelerated by pardigm shifts and focusing on core suitability and cross. Conceptualizing random endpoints in a access matrix provides reach extensions enterprise wide. Respective divisions historically insignificant, upscale trend lines in a management inventory analysis survivability format. Document-centric projections unfettered traditional auditing practices rivaling central process management. Advanced functionality, easy administration, proclaim the hallmarks of unprecedented opportunity.

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Photo Caption and Cutline

In Focus

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