



Banner Desert
Medical Center

Banner Desert Sleep Center

2225 W. Southern Ave
Mesa, AZ 85202
Phone: (480) 412-3684
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www.BannerHealth.com/DesertSleepCenter

The fully accredited Sleep Center program at Banner Desert Medical Center provides testing and evaluation to best recognize sleep disturbances including sleep-disordered breathing, narcolepsy, insomnia, snoring, parasomnias and circadian rhythm disorders in both adults and children.

How We Help

Our comprehensive sleep evaluations provide the information necessary to recommend a successful course of treatment to you and your physician. Our experienced sleep professionals include registered sleep technologists who are specially trained in sleep monitoring techniques and physicians who are Board Certified in sleep medicine.

In addition, Banner Desert is one of the only sleep centers in Phoenix to assist physicians in recognizing sleep disturbances in pediatric patients, from newborn to teens. Our pediatric rooms can accommodate an over-night stay with a caregiver, and offer a child-friendly atmosphere.

Our state-of-the-art facility provides a homelike setting, making testing and evaluation as easy and as comfortable as closing your eyes and falling asleep. Spacious accommodations with private baths take into consideration patients with special health-care needs. Overnight and daytime testing is performed on an out-patient basis. For your comfort, we also provide:

- Free WiFi
- Flat panel TV with satellite service
- Patient lounge with spaces for working and making phone calls.
- Continental breakfast
- Reserved sleep center patient parking

What to Expect

Patients are referred to the sleep center by their primary care physician, or medical specialist. Once the



evaluation is scheduled, a letter will be sent to your home confirming the test date, explaining pretest preparations and the test itself.

We perform sleep testing as close to your normal sleep time as possible. This ensures a more accurate test. Special equipment will record information about brain waves, breathing, heart rate and oxygen level while you sleep. The measuring devices do not cause any discomfort or disrupt sleep. We can schedule a private tour before the test to make you feel more at ease.

Our experienced staff can determine therapy needs while the patient is in the sleep center. Patients exhibiting moderate to severe sleep apnea syndrome may be treated the same night of the diagnostic test, decreasing the probability of additional testing and costs.

Accreditation and Location

Banner Desert Sleep Center is accredited by the American Academy of Sleep Medicine (AASM). This certification is a rigorous process undertaken every five years to ensure quality testing. We are very proud as we have held this distinction longer than any other sleep center in Arizona.

Our Non-profit Mission: We exist to make a difference in people's lives through excellent patient care.

A prescription for improved sleep

If you have problems with falling asleep or awaken frequently throughout the night, you may need to give closer attention to your sleep-wake habits. The following suggestions can help you develop optimal sleep hygiene:

- ❑ Sleep as much as needed to feel refreshed and alert during the following day, but not more. Many poor sleepers stay in bed too long or get up late in the morning after a poor night.
- ❑ Train yourself that bed is for sleeping and intimacy only. It is not a place to watch TV, do work, or listen to music.
- ❑ If you are unable to sleep within 20 minutes, do not stay in bed and toss and turn. Get out of bed and go to another room. Involve yourself in activity that is not exciting or stimulating and when you are drowsy, return to bed. Repeat this cycle as needed.
- ❑ A regular wake-up time in the morning is essential for re-setting your biological clock and improving insomnia. Set an alarm, if needed, and get up at the same time every morning, regardless of how much you slept during the night.
- ❑ Make your bedroom quiet, comfortable and safe.
- ❑ Put your bedroom clock in a place where you cannot see the time while lying in bed.
- ❑ A light snack 30 to 60 minutes before bedtime may help unless otherwise advised by a physician.
- ❑ Try to keep yourself physically fit. Regularly exercised bodies seem to sleep better. Don't exercise 2 to 3 hours before your bedtime since later exercise can cause difficulty in falling asleep.
- ❑ Napping can be refreshing if it does not interfere with the following night's sleep. If you have difficulty sleeping during the following night, then do not nap, no matter how much you are tempted.
- ❑ Caffeine in coffee, tea, chocolate, or other beverages and foods disturbs sleep. Avoid caffeine as much as possible, especially in the late afternoon or evening.
- ❑ Nicotine is a central nervous system stimulant and chronic tobacco use may disturb sleep.
- ❑ Avoid using alcohol in the evening. While alcohol may make it easier for you to get to sleep, it disturbs sleep later in the night.
- ❑ All sleeping medications become ineffective if used on a regular basis. Since some medications may need to be reduced slowly, consult your physician for the proper way to reduce your sleeping medication (s).

The Banner Desert Sleep Center is fully accredited by the American Academy of Sleep Medicine.

The Banner Desert Sleep Lab is located on the northwest corner of the Banner Desert campus, just west of the San Jose entrance south of Southern Avenue. The Sleep Center has dedicated patient parking in front of their building.

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