NORAN
NEUROLOGY

Welcome to the Noran Neurology Sleep Center - *Quality Sleep for a Better Life*

Sleep disorders affect millions of Americans.

Obstructive sleep apnea, a common sleep disorder, causes a person to stop breathing repeatedly during sleep and can lead to an increased risk of high blood pressure, heart attack and stroke.

Other disorders include insomnia, parasomnia, restless leg syndrome, narcolepsy, and night terrors. These conditions impact quality of life, leaving many people too tired to enjoy their day, and often affecting other family members.

Understanding one's sleep disorder and getting proper treatment can be a truly life-changing event.

The Dangers of Poor Sleep

Poor sleeping patterns not only degrade one's quality of life, but can pose serious medical risks.

Sleep disorders

- Contribute to cardiovascular problems
- Contribute to neurological problems
- Increase risk of stroke
- Increase risk of anxiety and depression
- Increase risk of obesity and diabetes
- Increase irritability and unhappiness
- Erode work performance
- Strain personal relationships
- Increase work-related accidents
- Increase automobile accidents
- Reduce libido

The Benefits of Good Sleep

Sleep nourishes the body. Good sleep patterns are as essential to good health as exercise and proper nutrition.

Quality sleep

- Strengthens the immune system
- Heals and rejuvenates the body
- Recharges the mind
- Benefits physical activity
- Improves learning and memory
- Aids sociability
- Fosters good emotional health and happiness
- Improves job functioning

Common Sleep Disorders

- Sleep Apnea

  This condition is characterized by snoring, occasional periods of choking or gasping while sleeping, and daytime sleepiness.

- Narcolepsy

  This condition is associated with excessive daytime sleepiness or falling asleep frequently without warning.

- Insomnia

  This condition is best described as having difficulty falling asleep, maintaining sleep or waking up too early.

- Restless Leg Syndrome

  RLS is associated with a frequent and intense urge to move one's legs due to unpleasant sensations while trying to sleep.

- Periodic Limb Movement Disorder

  This condition is described as involuntary kicking or jerking during sleep.

- Parasomnias

  Characteristics of this condition include night terrors, sleepwalking and teeth grinding.

Expert Attention

At the Noran Neurology Sleep Center you can trust that you are in the hands of experts.

Operating with the latest technology, led by sleep specialists and staffed by experienced sleep technologists, the Noran Neurology Sleep Center affords an excellent setting in which to assess sleep problems and receive recommendations to improve sleep.

Overnight Sleep Study (Polysomnogram)

A polysomnogram is used to help detect a variety of sleep disorders and is often used to find out if someone has a sleep-related breathing disorder.

Patients check in between 7:00 and 8:30pm. You will be given time to get settled in your private, hotel style room before your sleep technologist comfortably applies sensors to your head and body. You will then be encouraged to sleep for the evening. The following morning's wake time will vary per patient. The data from your sleep study will be evaluated by a sleep physician and discussed with you during your scheduled follow up appointment. A copy of your report will also be sent to your referring doctor.

Nap Study (Multiple Sleep Latency Test, MSLT)

Some patients will be asked to continue their study the following day to see how quickly they fall asleep in quiet situations during the day. They will be asked to attempt to nap for approximately 20 minutes every two hours, for up to an 11-hour period. An MSLT is the standard way to measure the level of daytime sleepiness. Excessive sleepiness is when someone is sleepy at a time and place where he or she should be alert (driving, for example). Lunch will be provided for those staying for an MSLT.

Home Sleep Testing (HST)

A Home Sleep Test (HST) is a modified sleep study that is performed in the comfort of your own home with a portable monitor, and is used for the diagnosis of obstructive sleep apnea. An HST is not a substitute for an overnight attended lab test, as it cannot diagnose the majority of sleep disorders, however, your insurance company may require a HST or your initial sleep test.

Comfortable Setting

We offer a comfortable, hotel style setting where staff work to make you feel at ease.

While you sleep in an adjustable Sleep Number® bed, dialed for maximum comfort, our sleep technologists use advanced technology to monitor your heart rate, breathing patterns, brainwave activity and other key indicators. These procedures are safe and totally noninvasive.

Your room is furnished with a private bathroom, shower, flat-screen television, and WiFi.

Making an Appointment

It is simple to make an appointment or obtain further information about the Noran Neurology Sleep Center. Please call us at 612.879.1500.

The Noran Neurology Sleep Center can accommodate adult and pediatric patients, as young as 13 years of age. Patients under 18 must be accompanied by a parent or guardian.

Insurance Coverage

Our staff will assist with any insurance issues or questions. We will obtain a preauthorization for sleep studies, if required. Our sleep center is Medicare-eligible, and we participate in virtually all insurance plans. For answers to any insurance questions, simply call 612.879.1614.

Noran Neurology Patient Portal

You can access much of your health information through our secure patient portal and mobile app, My Noran Clinic. You can also send a message to your provider, review test results, request an appointment, prescription refill or medical records, and make payments.