

A SLEEP CENTER? OR A LUXURY HOTEL?

Our sleep center has been designed to make you feel relaxed and comfortable, with amenities you'd find at a luxury hotel:

- Flat screen TV in every sleep suite
- Extended-tier cable
- Individually decorated suites
- Private bathroom with shower
- Wireless high-speed Internet access
- Continental breakfast
- Individual room temperature control

Advanced sleep medicine in a luxurious setting



**THE SLEEP CENTER
AT BACHARACH**
54 West Jimmie Leeds Road
Pomona, NJ 08240

The Sleep Center. It's one more reason we are recommended by our peers. Honored by our profession. Applauded by our patients.

The Sleep Center is open
Monday-Friday, 8:30 a.m. - 4:30 p.m.
Testing is available 24/7.

Bacharach
INSTITUTE FOR REHABILITATION

bacharach.org • (609) 748-5405

SLEEP SERVICES

Bacharach

INSTITUTE FOR REHABILITATION



WE WON'T SLEEP
— UNTIL YOU DO. —

THE SLEEP CENTER AT BACHARACH

Treating sleep problems in adults and children in the region's most advanced (and comfortable) setting.

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Does the thought of falling asleep fill you with worry? Do you spend your nights snoring or gasping for breath? Do you awake every morning with a dry mouth or a headache, wondering why you're still so tired – then spend the rest of the day half asleep?

If so, it's time you met with the Sleep Team — at Bacharach Institute for Rehabilitation.

Sleep problems can cause a range of symptoms during both sleeping and waking hours:

- Snoring, gasping and choking during sleep
- Excessive daytime sleepiness
- Morning headaches
- Dry mouth
- Falling asleep at inappropriate times
- Loss of muscle tone during times of stress or excitement
- Sensation of dreaming while awake
- Difficulty falling asleep or staying awake
- Anxiety or nervousness about sleeping
- Creeping or tingling feeling in the legs
- Involuntary kicking or jerking in the legs during sleep

THE BACHARACH SLEEP TEAM CAN HELP

Normal sleep follows a predictable structure, moving in stages from drowsiness to deep sleep. Sleep disorders disrupt this cycle, robbing your body of the rest it needs to function. But don't despair, our Sleep Center is fully equipped to diagnose sleep problems with a variety of testing options.

First, you'll meet with a physician — board-certified in Sleep Medicine — who will perform a physical exam and take a comprehensive history. Based on this evaluation, we may prescribe an overnight sleep study.

Through the night, you'll be observed by registered sleep technologists (and respiratory therapists) who will monitor your sleep to discover where problems exist. We'll collect data on brainwave activity, eye movements, blood oxygen levels, respiration, heart rate, airflow through the nose and mouth and the movement of muscles and limbs. All testing is non-medicated and non-invasive.

SLEEP STUDIES AND TREATMENTS INCLUDE:

- Polysomnogram: Overnight or daytime sleep study
- Home Sleep Testing: Sleep testing at home; eligibility determined by sleep physician
- Multiple Sleep Latency Test: Daytime naps after sleep to measure sleepiness or narcolepsy
- Maintenance of Wakefulness Test: Wakefulness trials to measure sleepiness and alertness
- CPAP/BiPAP/ASV Titration: Treatment for Obstructive Sleep Apnea and Central Apnea

A WORD ABOUT SNORING AND SLEEP APNEA

Severe snoring may be a sign of a sleep disorder called sleep apnea, which is the most common sleep disorder. People with sleep apnea stop breathing while they sleep. They snore loudly and arouse repeatedly, gasping for breath. Sleep apnea disrupts normal sleep and increases daytime sleepiness and the risk for accidents, high blood pressure and heart problems. Yet 95% of those with sleep apnea are unaware of the problem.

SLEEP PROBLEMS IN CHILDREN

In children, a sleep disorder may be the culprit in cases of obesity, bedwetting, sleepwalking, nightmares and difficulty in school. Bacharach is proud to be the only pediatric sleep center in the region.

A PLAN THAT WILL LET YOU REST EASY

The sleep team brings together advanced diagnostic tools and years of experience to develop a care plan that's tailored for you.

- **Positive Airway Pressure Therapy (CPAP/BiPAP) Clinic:** Follow-up sessions to improve treatment tolerance
- Insomnia counseling
- Referral system for surgical evaluation or dental appliance for the treatment of sleep apnea
- **A.W.A.K.E Support Group Meetings:** Local chapter of national support group for those with sleep apnea



ADMISSION

You will need a physician's referral for sleep testing. If you do not have a physician or need further information, please call the **Bacharach Sleep Center (609) 748-5405.**