

How much sleep do you need each night?

You probably already know that getting a good night's sleep is as important as eating right and exercising. But the quality of your sleep is also important. Quality sleep can impact not just your energy levels, but also your health and your mood.

Infants

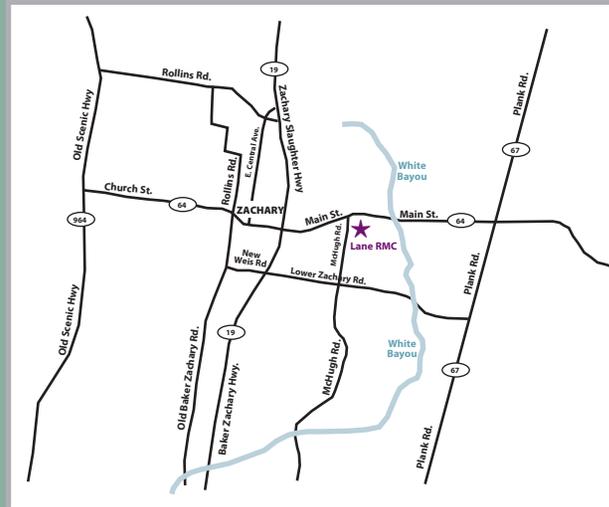
- Birth–2 months need 10.5–18 hours
- 2–12 months need 14–15 hours

Toddlers/Children

- 12–18 months need 13–15 hours
- 18 months–3 years need 12–14 hours
- 3–5 years old need 11–13 hours
- 5–12 years old need 9–11 hours

Adolescents need at least 8.5–9.5 hours

Adults typically need 7–9 hours



Location

Conveniently located on Lane's campus
at 4710 McHugh Rd.



- Board Certification: Sleep Medicine
- Medical Education: Louisiana State University School of Medicine
- Residency: Vanderbilt University Medical Center
- Diplomat: American Academy of Sleep Medicine



Lane Regional
Medical Center

Care You Can Count On

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Common Sleep Disorders

Sleep Apnea – loud snoring with periods of silence followed by gasps or pauses in breathing during sleep, each lasting long enough that one or more breaths are missed and occur repeatedly throughout sleep.

Narcolepsy – excessive and overwhelming daytime sleepiness, in which a person falls asleep during the day at inappropriate times, such as at work or school, even after adequate night time sleep.

Restless Legs Syndrome – an irresistible urge to move one's body to stop uncomfortable or odd sensations that feel like creeping, burning, itching or tickling in the muscles.

Insomnia – an inability to fall asleep or stay asleep, often complaining of being unable to close one's eyes or rest the mind for more than a few minutes at a time.



Diagnosis

The Sleep Study Center at Lane Regional Medical Center offers a full line of testing regimens to evaluate suspected sleep disorders.

The most common test is a Sleep Study, or polysomnogram, which is a scientific assessment of sleep staging as related to respiration (oxygen monitoring), brain wave activity, muscle movement, and snoring.

Patients spend the night in our comfortable and private, almost-like-home Sleep Clinic so sleep patterns can be recorded accurately.

The data gathered is evaluated and an education and treatment plan recommended.

Other Diagnostic Services offered are:

- Continuous Positive Airway Pressure (CPAP) titrations
- Mean Sleep Latency Test (MSLT)
- Mean Wakefulness Test (MWT)
- Restless Leg Syndrome Testing

Most insurance plans cover sleep studies.



Treatment

A variety of treatment options are available, including:

- Medication maintenance and management based on your sleep needs
- Therapy and consultation to treat underlying causes
- Consistent follow-up to prevent future health problems
- Surgical referrals as warranted
- Equipment and accessories for your sleep device needs
- Clinical research opportunities for patients who qualify

How to make an appointment

Making an appointment is easy!

Ask your physician to refer you to the Sleep Study Center at Lane Regional Medical Center. Call us at 225-767-8550 to set up an evaluation with our clinical staff.