



(254) 865-8251
1507 W. Main Street, Gatesville, TX 76528
www.cmhos.org



Sleep Center

Coryell Memorial Healthcare System is committed to providing quality healthcare close to home.

Coryell Memorial Sleep Center Accredited by the American Academy of Sleep Medicine

Coryell Memorial Sleep Center offers full service, comprehensive care for sleep disorders. We provide board-certified sleep physician consultations, diagnostic testing, and treatment services for more than 80 sleep disorders, including sleep apnea, insomnia and narcolepsy.

Good sleep health and can affect hormone levels, mood and weight.

Sleep Problems

If you have trouble getting to sleep or sleeping through the night, if you wake up too early or have a hard time waking up, or if you are overly tired during the day, you may have one of the following sleep problems which can be diagnosed and treated at Coryell Memorial Sleep Center.



- Snoring
- Sleep Apnea
- Insomnia
- Sleepwalking Symptoms
- Narcolepsy
- Teeth Grinding (Bruxism)
- Movement During Sleep (Parasomnias)
- Restless Leg Syndrome
- Hypersomnia (Daytime Sleepiness)
- Sleep-Related Eating Disorders
- Shift Work Sleep Disorder
- Truck Driving Sleep Requirements and Testing



Sleep Apnea

Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. During sleep the muscles that control your airways become relaxed. If they are too relaxed, your airway can become blocked which will cause your body to stop breathing. Your brain will wake up and tell your body to breathe, which causes stress to your brain and heart. To determine if you may be at risk for sleep apnea a sleep study needs to be performed.

Signs of Sleep Apnea

- Morning headaches
- Irritability
- Excessive day time fatigue
- Trouble falling asleep
- High blood pressure
- Irregular breathing during sleep
- Depression
- Weight problems
- Snoring
- Hypertension
- Heart disease



**CORYELL
MEMORIAL
SLEEP CENTER**

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