

The logo features a stylized 'ch' in green and blue with a leaf icon inside the 'c', followed by 'Coryell' in green and 'HEALTH' in blue. Below this, 'SLEEP CENTER' is written in blue.

ch Coryell
HEALTH
SLEEP CENTER



WHERE YOU ALWAYS FEEL AT HOME

(254) 865-8251 | 1507 W. Main Street, Gatesville, TX 76528

CoryellHealth.org



PROVIDING GOOD SLEEP

PROMOTING HEALTH

Coryell Health Sleep Center

Accredited by the American Academy of Sleep Medicine

Coryell Health 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 can affect hormone levels, mood and weight.

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 Health Sleep Center.

COMMON SLEEP ISSUES DIAGNOSED & TREATED BY CORYELL HEALTH SLEEP CENTER

*Snoring
Sleep Apnea
Insomnia
Sleepwalking Symptoms
Narcolepsy
Teeth Grinding (Bruxism)
Restless Leg Syndrome*

*Movement During Sleep (Parasomnias)
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.

SYMPTOMS 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*



Insurance Coverage
Accepting Self-pay and Most Insurances Including Medicare | Medicaid | BSW Healthplan

Remember, your provider for sleep disorder services is YOUR choice. Let your doctor or discharge planner know you want treatment provided by Coryell Health Sleep Center.