

Symptoms of a Sleep Disorder

- ☐ I can't remember the last time I actually saw the end of a movie at home.
- ☐ I snore.
- ☐ Given 5-10 minutes with no interruptions, I can fall asleep anywhere, anytime.
- ☐ I wake up frequently with a dry mouth.
- ☐ I keep thinking that I can catch up on sleep over the weekend, but I am still tired no matter how much sleep I get.
- ☐ No matter how hard I try, I just can't seem to lose weight.
- ☐ I have started attributing how tired I feel to the fact that I am just getting older.
- ☐ My sex drive has really dropped off.
- ☐ Many mornings I wake up with a headache.
- ☐ My spouse frequently complains about my snoring or restless sleep or hears me stop breathing at night.

If you answered yes to two or more of these statements, you are at risk for a sleep disorder.

Discover how to get
restful and restorative sleep
and **STOP** going through
life feeling **TIRED**.

Call today

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AASM Accredited

We are directed by Sleep Board Certified
Physicians and medically licensed staff.



Are you sick and tired
of being **TIRED...**

no matter how much
SLEEP you get?



Sleep Disordered Breathing May Put You at Risk For:

- Depression
- Heart Disease
- Diabetes
- High Blood Pressure
- Occupational Injury
- Congestive Heart Failure
- Obesity

How Treatment Works

by the struggle and the result is the same—restless and non-restorative sleep. The problem is one of mechanics. Your airway should be fully open when you sleep, and in these instances, it isn't. To assist with this, we use positive air pressure, called CPAP—Continuous Positive Airway Pressure. Essentially we are splinting open your airway when you sleep with the air pressure. This is done with a pressurized mask. Masks can be worn just over the nose (nasal mask), just in the nose (nasal pillows), or over the nose and mouth (full face mask.) The pressure applied to your airway keeps it open and allows you to BREATHE UNINTERRUPTED all night, which in turn allows you to SLEEP UNINTERRUPTED all night!

How Sleep Diagnostics Can Help



Sleep Diagnostics, Inc is woman-owned and locally operated facility. We are committed to pampering you in a comfortable, relaxed and non-clinical atmosphere, designed to make your sleep study a pleasurable experience. Our luxurious rooms and our friendly, professional staff will make you feel right at home. Not all sleep centers are the same.

CHOOSE Sleep Diagnostics, Inc and experience the difference.

Benefits to Your Health Include:

Increased energy • Decreased irritability & moodiness • Maintaining a healthy weight • Decreased cortisol levels • Lower blood pressure • Reduced risk of heart disease • Controlled blood sugar levels • Decreased abdominal fat • Increased Leptin (acts on receptors in the brain to inhibit appetite)

