

Our Programs

Adult Sleep Disorders Lab

According to the Centers for Disease Control, more than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10 percent experience chronic insomnia. However, new methods for assessing and treating sleep disorders bring hope to the millions suffering from insufficient sleep.

SMG Sleep Diagnostics – Adult Sleep Disorder Lab continues to enhance the awareness of sleep as an important component for health, public safety and quality of life. Adult sleep disorder studies at our certified sleep lab are only available by referral from a physician.

Pediatric Sleep Disorders Lab

Getting a good night's sleep is vital to a child's health. However, one in four children experience some type of sleep problem at some point during childhood. Pediatric sleep disorders range from difficulty falling asleep, sleepwalking and loud snoring, to more serious sleep disorders such as sleep apnea, insomnia and narcolepsy. At SMG Sleep Diagnostics – Pediatric Sleep Disorder Lab, we treat pediatric patients ages four and up.

Home Sleep Studies

A home sleep study is a basic form of an overnight, attended sleep study that focuses on nocturnal breathing. This study is only used to diagnose or rule out obstructive sleep apnea (OSA).

Not all patients are good candidates for a home test and not all insurance carriers will cover the cost of the study. Patients who are considered good applicants for a home sleep study are truck drivers, the elderly and anyone unable to leave the home due to limitations. If you need a sleep study, discuss with your physician whether you should have the test done in the lab or at home, during your consultation.



SUNRISE
Medical Group
Sleep Diagnostics

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To schedule a consultation, please call

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Sunrise Medical Group Sleep Diagnostics



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Sleep Diagnostics

About Our Program

Accredited by the American Academy of Sleep Medicine, Sunrise Medical Group (SMG) Sleep Diagnostics is a full-service sleep center that provides comprehensive diagnosis and treatment of pediatric (ages four and above) and adult patients. In addition to sleep tests, our specially trained physicians and sleep professionals provide patients with individualized studies and therapies designed to meet their specific needs.

Why Choose Sunrise Medical Group Sleep Diagnostics

Our experience.

SMG Sleep Diagnostics is led by a team of board-certified sleep physicians who are experts in all facets of sleep medicine, from insomnia and restless leg syndrome to narcolepsy, sleep apnea and childhood sleep disorders.

Outstanding reputation.

SMG Sleep Diagnostics is accredited by the American Academy of Sleep Medicine, a designation that demonstrates its dedication to the advancement of sleep medicine.



Understanding the Sleep Study

- Sleep stages are recorded by taking signals from wires attached to your head, sides of your face and under your chin.
- Heartbeats are recorded via an electrocardiogram.
- Leg movements are followed using wires attached to your leg.
- Breathing is monitored through cloth bands around your chest and stomach areas.
- Oxygen levels in the blood are measured by a finger clip you wear, which shines light through the skin of your finger to determine its oxygen content.

At SMG Sleep Diagnostics, our physicians will interpret the results of each study, provide a diagnosis and, if necessary, develop an individual course of treatment. After reviewing the test results, our physicians will collaborate with the referring physician to determine the best sleep plan for each patient.

The overnight sleep study usually ends between 5:45-6:00 am the next morning and you will be able to leave before 6:30 am.

Facilities

At Sunrise Medical Group, our Sleep Lab is equipped with a bathroom and shower.

Sleeping Attire

For comfortable sleeping, bring your nightclothes – pajamas or nightgown, bathrobe and slippers. If you wish, you may bring your favorite pillow.

Preparing for the Study

1. Don't drink any caffeine beverages (coffee, tea or cola products), or alcoholic beverages after 12 noon on the day of your appointment.
2. Patients with nutritional needs (diabetes, etc.) should bring necessary snacks. However, we also provide some snacks, like cereal bars and juice.
3. You may take any of your regular medications, such as blood pressure or heart pills. However, if you plan to take other medication on the day of the appointment, you should ask the sleep laboratory in advance.
4. You may want to bathe and shampoo your hair prior to your visit. However, because we will be putting things on your skin and scalp, we request that you do not use any hair conditioners, creams, oils, make-up or skin cream.
5. You may want to bring some nighttime reading material with you.
6. Please also remember to bring with you any items you may need in the morning. We do provide towels, washcloths and mouthwash. However, you should bring your own toothbrush, toothpaste, razor, comb or hair brush and any of your medications.
7. If the doctor orders a sleep aide for you the night of the study, do not take it until you arrive at the lab and have discussed this with your technician.