

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea.



Ask your physician if you may qualify for a Home or In-lab Sleep Study today! OR Contact Thayer County Health Services Respiratory Therapy Department for full sleep study details: 402-768-4601



Our Mission

To improve the lives of those we serve by providing exceptional, patient-centered health care.



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402.768.6041 fax: 402.768.4683
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Home & In-lab Sleep Diagnostic

**Do you have
sleep apnea?**

Do You Have Sleep Apnea?

Risk factors:

- Family History
- Overweight
- Thick neck
- Aging
- Medications
- Deviated Septum
- Enlarged tongue/tonsils

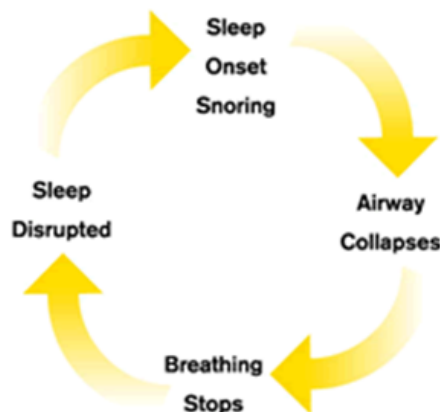
Symptoms:

- Waking up gasping air
- Snoring
- Fatigue
- Morning Headaches
- Irritability
- Sore/dry throat
- Nocturia

May Cause:

- Heart Failure
- Stroke
- High blood pressure
- Diabetes
- Death
- Depression

Cycle of Obstructive Sleep Apnea



What is offered at TCHS sleep lab?

General (diagnostic overnight) sleep study. (Available at home or in-lab)

- Primary type of sleep study that is used to test for several types of sleep disorders.

- Also used to diagnose sleep related breathing disorders, such as sleep apnea.

CPAP/BIPAP Titration Study

- Used to adjust the settings on the equipment used to treat sleep apnea.

- In-lab overnight study required.

Why Choose Us?

Thayer County Health Services offers Home and In-lab Sleep Studies at low competitive rates locally to meet your needs.

All studies are scored by RPSGTs and are professionally read by a pulmonologist who is board certified in sleep medicine.

All testing meets ACHC standards. (Accreditation Commission for Health Care)



Exceptional Health, Close to Home