

The SwedishAmerican Sleep Disorders Center offers comfortable, spacious bedrooms with attached bathrooms in a newly expanded environment. We have the most advanced technologies to provide the most accurate results. Patients are evaluated and treated by a certified sleep physician in our sleep clinic. In addition, expertly trained technologists perform all procedures and are on-site throughout the night.

Our center has the expertise to treat a wide range of sleep problems, including:

- Obstructive Sleep Apnea
- Insomnia
- Narcolepsy
- Parasomnias
- Restless Legs Syndrome
- Periodic Limb Movement Disorder

SwedishAmerican Sleep Disorders Center

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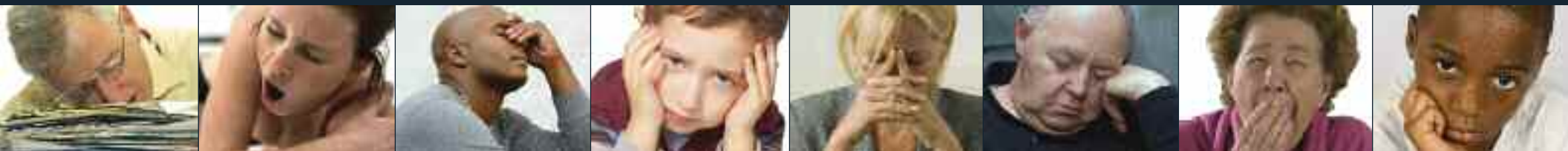
How Are You
Sleeping?

SWEDISHAMERICAN
SLEEP DISORDERS CENTER



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SLEEP DISORDERS CENTER





About one third of Americans experience sleep problems. If you or someone you care about has trouble sleeping soundly at night or staying awake during the day, we'd like to help.

At SwedishAmerican's Sleep Disorders Center, we have one goal: putting sleep problems to rest!



With convenient locations in Rockford and Belvidere, our center offers comfortable, spacious bedrooms with attached bathrooms.



Our Rockford facility is accredited by the American Academy of Sleep Medicine, which is the gold standard in the sleep community.

Snoring – Just a Nuisance or a More Serious Health Problem?

Snoring is one symptom of a common, and potentially serious, sleep disorder called Obstructive Sleep Apnea (OSA). People with OSA stop breathing repeatedly during sleep because the airway collapses. These pauses in breathing lead to awakenings which disrupt sleep and cause daytime tiredness. OSA occurs in men, women and children of all ages and sizes.

Possible Consequences of Untreated Sleep Apnea

- Excessive Daytime Sleepiness
- High Blood Pressure
- Heart Disease
- Stroke
- Diabetes
- Depression
- Morning Headaches
- Frequent Urination at Night
- Sexual Dysfunction
- Memory Loss

Children may experience:

- Hyperactivity
- Learning Disabilities
- Growth Problems

Treatment Options

Sleep disorders such as OSA can be treated by positional therapy, surgical options, dental devices or Continuous Positive Airway Pressure (CPAP) therapy. CPAP is the most commonly used treatment to correct OSA and alleviate symptoms. Air pressure flows from the CPAP machine to a mask that is worn over the nose. This keeps your airway open and prevents snoring and OSA, in turn getting you a restful night's sleep.

Insurance Coverage

A sleep study is an outpatient procedure that is usually covered by insurance companies. It is best to contact your individual company for specific coverage information. Most treatment options also are covered by insurance.

