

A comfortable overnight experience

Your sleep study takes place in a private room designed to feel like home.

Each room includes:

- A flat screen TV
- Wi Fi access

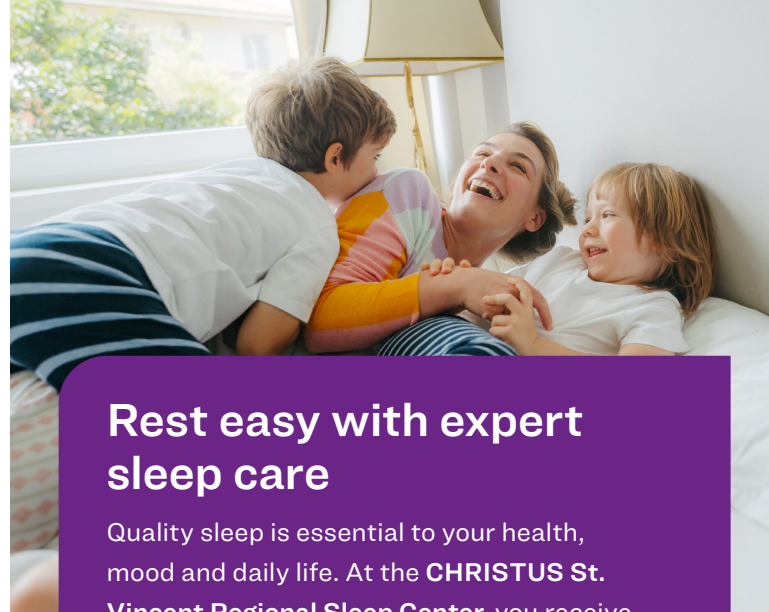
Throughout the night, a trained technician monitors your sleep remotely and collects data to help your care team understand what's happening while you rest. Parents may stay close by during pediatric studies.

How we monitor your sleep

During your study, we track:

- Brain waves through EEG electrodes
- Breathing patterns with sensors on the nose, mouth, chest and abdomen
- Heart rhythm with EKG electrodes
- Oxygen levels, leg movement and overall sleep quality

All measurements are observed in real time by experienced technicians in a dedicated recording room.



Rest easy with expert sleep care

Quality sleep is essential to your health, mood and daily life. At the **CHRISTUS St. Vincent Regional Sleep Center**, you receive compassionate, expert care designed to help you understand what's affecting your sleep and what can be done to improve it. Our outpatient, state of the art sleep lab evaluates both adults and children, using advanced technology to diagnose and treat sleep and wake disorders.

What we offer

- Evaluation for symptoms such as poor sleep quality, breathing problems or unusual behaviors during sleep
- Polysomnography (sleep studies) to assess sleep patterns and identify causes of sleep disruption, including respiratory or neurological issues
- Pediatric sleep evaluations for concerns such as snoring, mouth breathing, restless sleep or difficulty focusing during the day
- Home sleep apnea testing for eligible patients
- CPAP and BiPAP titration studies, oral appliance support and follow up care
- Multiple Sleep Latency Tests (MSLT) for daytime sleepiness



We proudly serve patients across Santa Fe, Los Alamos, Española, Pojoaque, Eldorado, Taos, Las Vegas and surrounding communities.

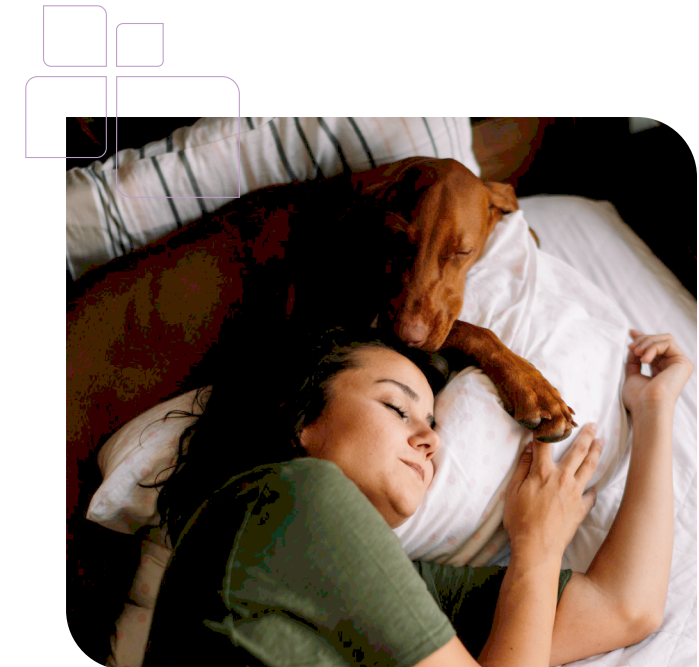


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CHRISTUS Health complies with applicable Federal civil rights laws and does not discriminate on the basis of age, color, creed, culture, disability (physical or mental), ethnicity, familial status, gender identity or expression, genetic information, language, national origin, military service, race, religion, sex (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). ATENCION: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.

26-1703300

CHRISTUS St. Vincent Regional Sleep Center



Your heart. Your life. Our purpose.

Understanding sleep disorders

Sleep disorders can make it difficult to fall asleep, stay asleep or stay awake during the day. These conditions are common and can affect your health, relationships and overall quality of life. At **CHRISTUS St. Vincent Regional Sleep Center**, sleep disorders are carefully evaluated and treated to support better rest and overall well-being. With proper care, most sleep disorders can be improved — and many can be resolved.

Sleep problems may be influenced by stress, poor sleep habits, medical conditions or neurological issues. Treatment may include behavioral therapy, lifestyle changes, short term sleep aids or prescription medications, depending on the cause.



Common sleep disorders

- **Obstructive sleep apnea (OSA):**
Breathing repeatedly stops during sleep, often causing loud snoring. OSA is linked to high blood pressure, heart disease, stroke, weight gain and sleep related accidents.
- **Pediatric sleep apnea:**
Children may snore, breathe through the mouth, struggle with bedtime or show daytime behavior or focus issues. Early evaluation supports healthy growth and learning.
- **Parasomnias:**
Behaviors such as sleepwalking, sleep talking, nightmares, night terrors or teeth grinding.
- **Insomnia:**
Chronic difficulty falling or staying asleep, often tied to stress, anxiety, depression or restless legs.
- **Circadian rhythm disorders:**
Disruptions to the body's internal clock, often related to shift work or frequent travel across time zones.
- **Excessive sleepiness and narcolepsy:**
Excessive daytime sleepiness may result from insufficient sleep or other sleep disorders. Narcolepsy can cause muscle weakness, temporary paralysis upon waking and vivid dreaming while awake.

Signs of sleep deprivation

- Loud snoring
- Excessive daytime sleepiness
- Falling asleep during routine activities
- Difficulty waking up
- Sleeping significantly longer on weekends

Living at altitude in northern New Mexico can intensify sleep related breathing problems, making a thorough evaluation especially important.



How much sleep do you need?

National Sleep Foundation recommendations:

- **Children (7 - 12 years):** about 10 hours
- **Teens:** 8 - 9.5 hours
- **Adults:** 7 - 9 hours

Chronic sleep deprivation has been linked to depression, mood swings, memory loss and difficulty concentrating, highlighting the importance of recognizing and treating sleep disorders.

Accredited, experienced care.

The **CHRISTUS St. Vincent Regional Sleep Center** was the first AASM accredited sleep center in northern New Mexico, reflecting our commitment to national standards and high quality care. That means accurate diagnoses, evidence-based treatment and confidence that the results will hold up wherever your care continues.

Medical director

Dureshahwar Fernandez, MD
Board-certified in pulmonary disease and sleep medicine

AASM
ACCREDITATION

Appointments and insurance

- Most insurance plans are accepted, including Medicare and Medicaid.
- Some patients may need prior authorization or a referral.
- Financial counselors can review benefits and expected costs before testing.
- Appointments may be scheduled by physicians or by patients via mail, fax or phone.