

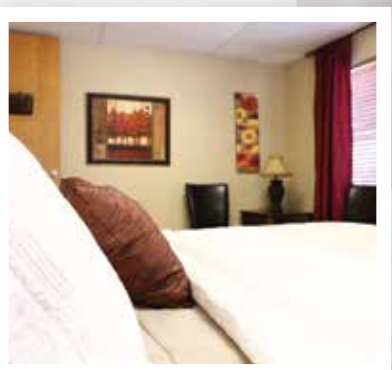
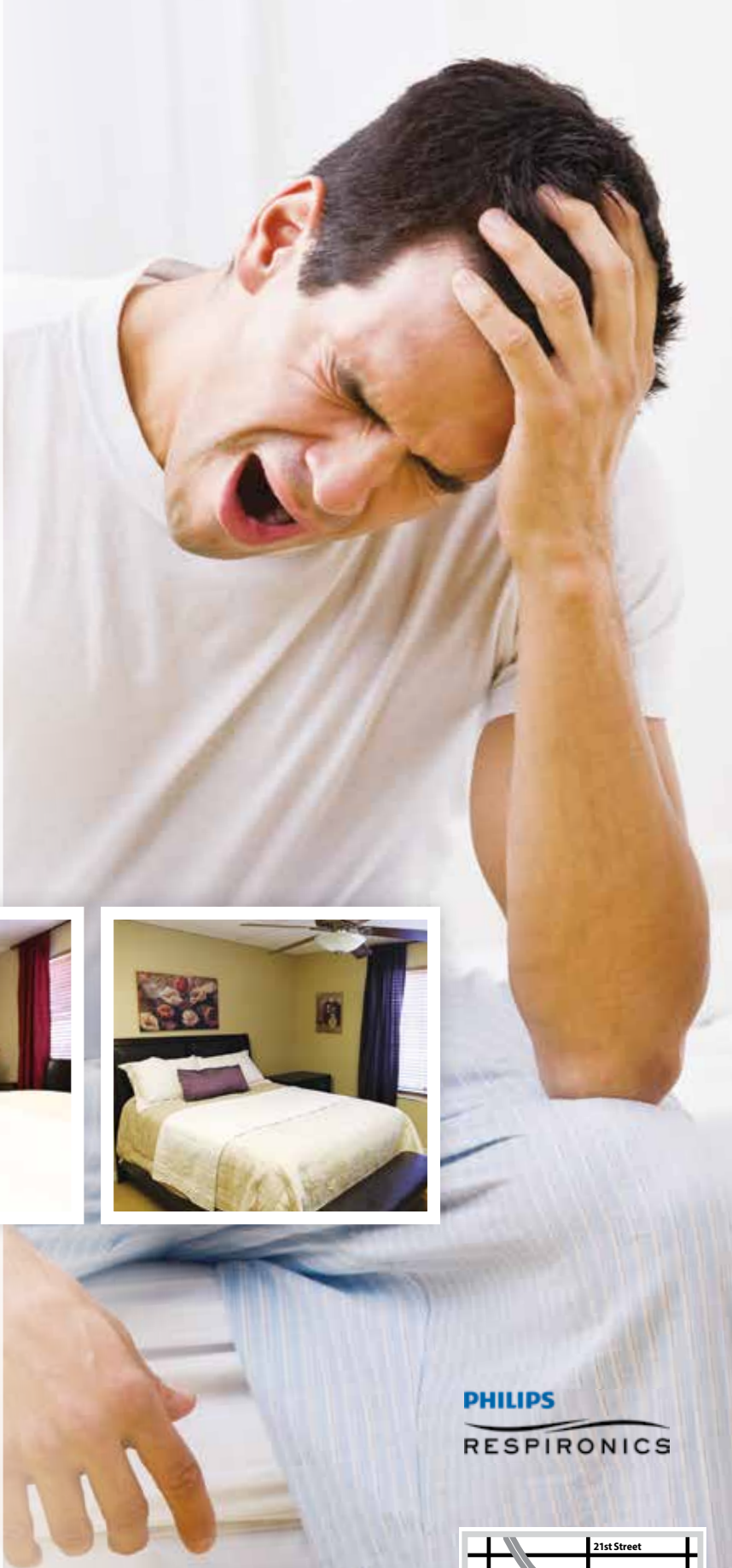


Don't waste another day being tired. **Sleep tonight.**

Dr. Zzz's Sleep Center is a fully accredited, independent, locally owned and operated full service sleep lab, offering the latest in sleep diagnostic and treatment technologies.

Dr. Zzz's Sleep Center has combined luxury, convenience, and the highest customer service with the latest technology to provide you the best night's sleep possible. We also have an extra bedroom that can be reserved, where a spouse or parent can stay for no additional charge.

The luxurious, sound-insulated bedrooms with queen-size beds are made comfortable with ceiling fans, cable TV and DVD players. The bathroom includes a shower and towels are provided.



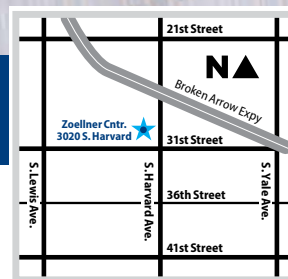
Dr. Zzz's Sleep Center is proud to use and recommend the Auto-Titrating Respironics A-Flex machines. A-Flex softens the pressure transition from inhalation to exhalation to provide additional comfort in an auto-CPAP mode. The pressure profile mirrors the patient's breathing, and with the auto algorithm intelligence, it will respond to the patient's therapeutic needs throughout the sleep session. The Auto-Titrating Respironics A-Flex machine is one of the most comfortable CPAP machines in the world today.



(918) 728-7552 • Fax (918) 728-7553 • 3010 S. Harvard, Ste. 301, Tulsa, OK 74114 • info@drzzzs.com
Patients will arrive on the northwest corner of the building and enter through the single glass door on the West side.

Visit with your doctor today about having a sleep study, and let us help you...

Dr. Zzz's Sleep Center is located just north of 31st Street on Harvard Avenue in the Zoellner Center. The 31st and Harvard intersection is just south of the Broken Arrow Expressway (Hwy 51).



NAME: _____

DATE: _____

Please mark all that apply

	YES	NO
Do you Snore	<input type="checkbox"/>	<input type="checkbox"/>
Have you Been Told you Stop Breathing at Night	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety/Depression	<input type="checkbox"/>	<input type="checkbox"/>
High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>
Restless Sleep	<input type="checkbox"/>	<input type="checkbox"/>
Trouble Concentrating and/or Forgetfulness	<input type="checkbox"/>	<input type="checkbox"/>
Loss of Libido	<input type="checkbox"/>	<input type="checkbox"/>
Short Temper and/or Irritability	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>
Loss of Energy	<input type="checkbox"/>	<input type="checkbox"/>
Are you Diabetic	<input type="checkbox"/>	<input type="checkbox"/>
Morning Headaches	<input type="checkbox"/>	<input type="checkbox"/>
Do you Fall Asleep at Inappropriate Times	<input type="checkbox"/>	<input type="checkbox"/>

Epworth Sleepiness Scale

How likely are you to doze-off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent time. Even if you have not done some of these things recently, try to work out how they would have affected you.

Use the follow scale to select the most appropriate number for each situation.

0 – Would never doze **1** – Slight chance of dozing **2** – Moderate chance **3** – High chance

SITUATION	CHANCE OF DOZING
Sitting and reading a book or magazine	_____
Watching television or a movie at home	_____
Sitting, inactive in a public place (theatre or meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when time permits	_____
Sitting and talking face-to-face with someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____

TOTAL: _____

