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## Contact Information

Sleep EZ Diagnostic Center  
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www.sleeppezcenter.com

## Ownership

Raquel Rothe, CRT-NPS, is the owner and general manager of the center. She opened Sleep EZ Diagnostic Center in 2005 to set a new standard for sleep diagnostic services in Southwest Virginia.

Ms. Rothe has spent a decade working in sleep medicine and is a recognized expert in the field. Her knowledge of patient care also includes 17 years as a respiratory therapist.

## Services Offered

Sleep EZ Diagnostic Center is a unique, stand-alone sleep diagnostic facility where patients can relax in a serene, home-like setting.

This comforting environment contributes to a better quality sleep study and more accurate sleep disorder diagnosis compared to studies conducted in hospital-like settings.

The center offers the latest technology and provides diagnostic services for Polysomnography, ETCO<sub>2</sub> monitoring, Multiple Sleep Latency Testing, CPAP/BiPAP/NPPV titrations, and Maintenance of Wakefulness Testing.

Sleep EZ Diagnostic Center's comprehensive testing services enable

proper diagnosis and treatment for sleep apnea, upper airway resistance syndrome, insomnia, parasomnias, narcolepsy, restless leg syndrome, periodic leg movement syndrome, shift work adjustment, and more than 80 other sleep-related problems.

## Why Sleep Testing is Important

Getting adequate sleep is essential to proper health and well being. If an adult does not get 7-8 hours of sleep on a regular basis, there is increased risk for a variety of life-threatening conditions including cancer, heart disease, diabetes, accidents and obesity.

Symptoms of sleep problems may include one or more of the following: pauses in breathing during sleep, loud snoring; excessive drowsiness while engaged in daily activities or experiencing unrefreshing sleep; having difficulty sleeping three nights a week or more; tingling or unpleasant sensations in the legs when trying to sleep; and frequent interruptions to sleep.

Those experiencing sleep issues should consult with their healthcare provider right away to protect themselves from the adverse affects of sleep problems. Most sleep problems can be successfully treated or controlled with medication, light therapy, continuous positive airway pressure devices and scheduled naps. Yet, sleep diagnostics are essential to proper diagnosis and effective treatment.

*Individuals have a choice of sleep testing facilities and should talk with their provider about Sleep EZ Diagnostic Center.*

## What Sets Sleep EZ Apart?

Unlike traditional sleep centers, Sleep EZ Diagnostic Center is more like a bed and breakfast with a high-tech hub. The welcoming environment is much more relaxing and far less stressful than a large noisy hospital facility.

Each room features a queen-sized sleigh bed; top quality mattress, pillows and sheets; a private bath; and a TV with DVD and CD player. For before-bedtime snacking, there is a patient lounge equipped with a refrigerator and microwave -- and stocked with light snacks.

Appointments for sleep studies are available 24 hours a day to accommodate individualized sleep schedules. Patients may even bring a spouse or family member along, if they wish.

The Sleep EZ setting revolves around the convenience and superior comfort of the patient. And, the center's expert sleep technologists provide fast reporting of test results to bring physicians closer to solving even difficult-to-detect sleep disorders to improve the health of their patients.

## Accreditation

Sleep EZ Diagnostic Center is accredited by the Joint Commission on Accreditation of Healthcare Organizations and is a member of the National Sleep Foundation, American Academy of Sleep Medicine, Association of Polysomnographic Technologists, American Association of Respiratory Care, and Virginia Society of Respiratory Care.

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