

**FACT:**

There are over  
84 known  
sleep disorders

**DID YOU  
KNOW?**

Symptoms like interrupted breathing while asleep, excessive daytime sleepiness, loud snoring, non-refreshing sleep, leg cramps, chronic fatigue, problems with adjusting to shift work are indicative of sleep disorders.

Sleep disorders play a major role in high blood pressure, heart disease and poor control of Diabetes.

Poor work performance and strained family relationships are often the outcome of untreated sleep disorders.

Sleep disorders are associated with weight gain and often hinder weight loss.

About 1/3 of attention-deficit disorders (ADD/ADHD) are the consequences of sleep disorders.

*It's time to start having more nights  
of good, quality sleep.*

Talk to your Primary Care Provider  
about a referral to our  
sleep center.



**St. Mary's Health Sleep Center**  
701 Lewiston St.  
Cottonwood, ID 83522  
Annie Vanator, RRT  
208.962.7532

**Clearwater Valley Health Sleep Center**  
301 Cedar  
Orofino, ID 83544  
Mary Curtis, RRT CPFT, AE-C  
208.476.8058



St. Mary's Health  
Clearwater Valley Health  
**SLEEP CENTERS**



St. Mary's Health



Clearwater Valley  
Health

## ELEVATE YOUR SLEEP

Read the statements below. If four or more of the statements apply to you, you may benefit from a Sleep Disorders Consult with us.

- I feel sleepy during the day, even when getting a good night's sleep
- I get very irritable when I can't sleep
- I often wake up at night and have trouble falling back to sleep
- It usually takes me a long time to fall asleep
- I often wake up very early and can't fall back to sleep
- I usually feel achy and stiff when I wake up in the morning
- I often seem to wake up because of dreams
- I sometimes wake up gasping for air
- My bed partner says my snoring keeps him/her from sleeping
- I've fallen asleep driving

## HIGHLY TRAINED IN SLEEP DISORDERS

Our providers will work with you to identify issues, diagnose sleep disorders and find workable solutions to help you get a better night's rest.



## LATEST TECHNOLOGY & HOME-LIKE ATMOSPHERE

SMH & CVH Sleep Centers are dedicated to the study and cure of sleep disorders. Accredited by the American Academy of Sleep Medicine we prioritize your needs and concerns with prompt scheduling of appointments, comfortable atmosphere during studies and prompt evaluation and delivery of your results.



## TAKE A TOUR

We invite you to take a tour of our facility and see where our sleep studies are conducted.

Our suites are comfortable and private - more like a hotel room than a typical hospital room.

We strive to provide a patient-centered environment, designed to reduce stress that can be associated with medical tests.

You can get more educational information about sleep disorders and our services at [www.smh-cvh.org](http://www.smh-cvh.org).