

# Sleep Disorders

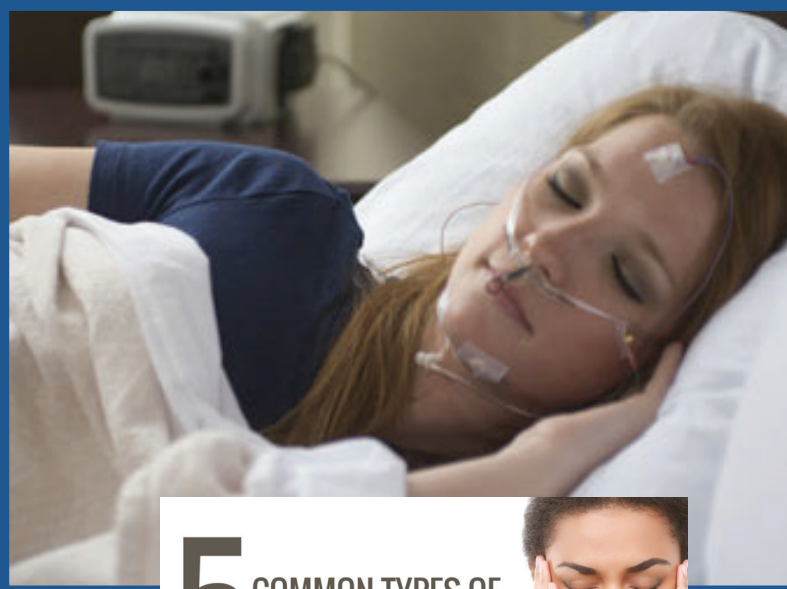
Clay County Hospital Medical Clinics  
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*Clay County Hospital*



Clay County Sleep Clinic

To schedule a visit to see  
one of our Providers,  
call 618-662-2131



## 5 COMMON TYPES OF SLEEP DISORDERS



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| 1. | <b>Insomnia</b><br>Difficulty falling asleep or staying asleep.    |
| 2. | <b>Sleep Apnea</b><br>Breathing repeatedly starts and stops.       |
| 3. | <b>Hypersomnia</b><br>Feeling exhausted after 8-10 hours of sleep. |
| 4. | <b>Narcolepsy</b><br>Irregular sleep-wake cycles.                  |
| 5. | <b>Parasomnia</b><br>abnormal or unusual behavior during sleep.    |

A good nights sleep is critical to living a healthy, active life. Sleeping gives your body a chance to heal, recharge and rest so it can function properly during waking hours. Sleep disorders interfere with these critical functions, increasing your risk of contracting several diseases and complicating symptoms of those from which you may already suffer.

AND if you have a sleep disorder...be assured that you are not alone. As many as 40% of Americans reported some symptoms of sleep disorder in a recent study.

The first step is talking with your provider and having a sleep study at Clay County Sleep Clinic in Flora. If you indeed have a sleep disorder, there are a wide variety of treatments available to help you.

Don't put it off! Chronic sleep problems can be life threatening!

[claycountyhospital.org](http://claycountyhospital.org)



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