

## Healthy employees = a healthy bottomline.

You already know that healthier employees make healthier companies by controlling rising health care costs and increasing productivity.

Studies show that more than 70 percent of health care costs in the U.S. are preventable. **Did you know that 40 million American suffer from a sleep disorder?**

Yet, businesses are losing \$32 billion because of costs associated with sleep apnea symptoms of high blood pressure, diabetes, obesity and other health issues, according to the American Heart Association. Workers with sleep apnea can be depressed, irritable, have lower productivity in the workplace and can cause accidents associated with excessive sleepiness.

We can help you protect and preserve your employees' health and well-being. With proper treatment of sleep apnea and ongoing care, employees feel better and perform their jobs better because they know that you care.

Our assessments, reports and services are completely confidential. Your employees will appreciate the tools and information to create a more positive future.

**Call today!**

**Oklahoma: 1-877-81-SLEEP**

**Texas: 1-877.-98-SLEEP**

**[www.sleepdisordercenters.com](http://www.sleepdisordercenters.com)**

Sleep better, live longer.<sup>SM</sup>

### Do you have sleep apnea? Answer these questions:

1. Do you snore loudly?  Yes  No

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2. Do you often feel tired, fatigued or sleepy during daytime?  Yes  No

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3. Has anyone observed you stop breathing during sleep?  Yes  No

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4. Do you have or are you being treated for high blood pressure?  Yes  No

If you answered 'yes' to two or more of these questions you may have obstructive sleep apnea (OSA).

### How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

Scoring:

0 = no chance of dozing

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

Situation	Frequency
Sitting & Reading	0 1 2 3
Watching Television	0 1 2 3
Sitting inactive in a public place	0 1 2 3
As a passenger in a car for an hour without a break	0 1 2 3
Lying down to rest in the afternoon when possible	0 1 2 3
Sitting and talking to someone	0 1 2 3
Sitting quietly after a lunch without alcohol	0 1 2 3
In a car, while stopped for a few minutes in traffic	0 1 2 3

**TOTAL:** \_\_\_\_\_

If you score nine or higher, please give this to your physician to discuss various treatment options.

*The*  
**NOCTURNA**  
*Value*  
*Commitment*

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live longer.<sup>SM</sup>

## Our NOCTURNA Healthcare Providers Care

**Your care is supervised** by a physician who has specialized in Sleep Medicine (Board Certified in Sleep Medicine)

**We follow the highest national standards** for Sleep Disorder Diagnosis and Treatment (American Academy of Sleep Medicine – the gold standard of care)

**Our clinicians provide comprehensive care** – regardless of your sleep diagnosis we can provide your care

**We will be available** throughout your care – some disorders require lifelong treatment – we will be here when you need us

**Our patients experience relief** from their sleep disorders at a higher rate than those treated at other sleep centers based on national statistics

**Sleep Medicine is all we do** – our facilities and care is state of the art and designed exclusively for sleep care

**We work within the communities we serve** to help people better understand the disorders of sleep and their treatment options

A **Graymark** Healthcare Company  
[graymarkhealthcare.com](http://graymarkhealthcare.com)