



**St. Elizabeth's Hospital
Marketing Department**

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FOR IMMEDIATE RELEASE

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**FREE SLEEP APNEA EQUIPMENT FAIR and A.W.A.K.E. MEETING
HOSTED BY SLEEP DISORDERS CENTER ON APRIL 22**

Belleville – Sleep apnea is very common, as common as adult diabetes, and affects more than twelve million Americans, according to the National Institutes of Health. If you or someone you love has sleep apnea and want to learn more about it, join the Southern Illinois Sleep Disorders Center at St. Elizabeth's for a special evening program on the issue.

The Sleep Apnea Equipment Fair and A.W.A.K.E. Meeting will be held on **Thursday, April 22, 2010** in the Centennial Room (on main floor) of the hospital from 6:30pm to 8:00pm.

The evening will offer the public an opportunity to learn about sleep apnea, new research findings, and services available at the Sleep Disorders Center. Additionally, anyone with a CPAP (Continuous Positive Airway Pressure) machine, especially older ones, can have them checked by therapy experts and ask questions about CPAP usage and proper mask fitting.

An A.W.A.K.E. Support Group meeting will also be held during the program. The group is a source of general information and advice for patients with sleep apnea and their family and friends.

Anyone interested in attending is requested to call 1-888-650-7474 to RSVP. This event is co-sponsored by Provider Plus.

About the Southern Illinois Sleep Disorders Center at St. Elizabeth's Hospital:

Untreated sleep disorders can have significant medical and social consequences. Excessive sleepiness may impair work efficiency, affect mood and increase the risk of injury on the job or while driving. Sleep-related breathing disorders are associated with high blood pressure, heart disease and stroke. The Southern Illinois Sleep Disorders Center offers a comprehensive evaluation of patients with sleep-related complaints. After an evaluation by one of the Sleep Center physicians, patients may be referred for an overnight sleep study. In some cases, additional day studies may be needed as well. Sophisticated diagnostic equipment is used to non-invasively monitor brain, heart, respiratory and muscle activity during sleep. Most insurance companies provide coverage for these studies. Call 1-888-650-7474 for more information on our services.

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