



FOR IMMEDIATE RELEASE:

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**SLEEP DISORDERS CENTER TO HOST EQUIPMENT FAIR,
DECEMBER 14**

Belleville, IL - The Southern Illinois Sleep Disorders Center at St. Elizabeth's Hospital is hosting a Sleep Apnea Equipment Fair on **Wednesday, December 14**, 2011 from 6:00-8:00pm in the Centennial Room of the hospital.

Sleep medicine vendors will be present to provide information and demonstrations of the newest devices available, including CPAP machines. The event is free and open to the public. Sleep apnea patients and family members are encouraged to attend.

The American Sleep Apnea Association defines sleep apnea as an involuntary cessation of breathing during sleep. Left untreated, sleep apnea can lead to serious medical conditions like high blood pressure, heart disease, stroke, type 2 diabetes and even depression.

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. The Center is accredited by the American Academy of Sleep Medicine.

For more information, contact St. Elizabeth's Hospital Sleep Disorders Center at 1-888-650-7474.

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About Hospital Sisters Health System

Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems and physician practices in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit www.hshs.org.