

WHY BETHANY SLEEP CENTER?

Bethany Sleep Center is overseen by Dr. Priya Paruchuri, who is board certified in sleep medicine and internal medicine; she treats patients for a variety of sleep disorders and chronic diseases. Bethany Sleep Center offers an experienced, objective, systematic, and thorough approach to the diagnosis and treatment of sleep-wake disorders.

Our sleep center features:

- Comprehensive, state-of-the-art testing and equipment
- Sleep studies include diagnostic testing for sleep apnea, restless leg syndrome, narcolepsy, and other sleep disorders
- Post-treatment testing to confirm improvement and proper equipment settings
- Consultation, follow-up, and referral services
- Multidisciplinary consultations
- Fully-equipped sleep rooms and shower
- Precertification with insurance before testing
- Friendly and board-registered technologists
- Safe and secure testing site

In addition to the studies at our sleep center, we also offer home sleep testing.

Staff

Priya Paruchuri, MD—Medical Director

Dr. Paruchuri is board-certified in sleep medicine and internal medicine. In addition to being the medical director for the Sleep Center, she also treats patients as an internist. Priya Paruchuri, MD completed training at Andhra Medical College before going to Southern Illinois University School of Medicine. She then went on to complete a Sleep Medicine Fellowship at the University of Nebraska Medical Center. Her professional affiliations include the American Academy of Sleep Medicine. Her interests include treating various sleep disorders and chronic diseases such as diabetes and hypertension. She is also interested in how sleep apnea affects patients' overall well-being—treating sleep apnea improves patients' overall quality of sleep and life.

Bobby Powers, RST

Bobby Powers has been a registered sleep technologist for more than 9 years and has worked in the field of sleep medicine for more than 13 years. His experience consists of both hospital and private work; he has worked as a lead technician and an instructor. He is registered with the North Carolina Medical Board.



**BETHANY
MEDICAL
CENTER**

BETHANY Sleep Center



Improve Your Quality of *Sleep*
Improve Your Quality of *Life*

3610 Peters Court
High Point, NC 27265

(336) 883-0029

www.bethanymedicalcenter.com

Sleep is an integral part of life, but it's not always a welcome or peaceful close to a busy day. Some people suffer almost unbearable torture as they toss and turn. Others view sleepiness as an uncontrollable intruder. Approximately 30 to 40 percent of the population suffers from a sleeping problem at some point.

Most adults need seven to eight hours of sleep each day – some need less than four, others more than ten. You know you're getting enough sleep if you feel refreshed when you wake up and are alert throughout the day. However, if you consistently experience excessive daytime sleepiness among other symptoms, you may need a professional evaluation to determine if you have a sleep disorder.

Answer these questions

1. Have you been told you snore in a loud, disruptive manner?
2. Do you have difficulty falling and staying asleep?
3. Do you sleepwalk?
4. Do you ever awaken gasping for breath or are unable to breathe?
5. Do you awaken from sleep because of regurgitation or a burning in the throat?

If you answered "yes" to one or more of the preceding questions, you may be among those who have a sleeping problem. You may need to be evaluated at a sleep lab like Bethany Sleep Center.

What Can I Expect During a Sleep Test?

A sleep evaluation is painless, and could help secure the sleep you need in the years to come. Each patient begins by completing a questionnaire about their sleep problems. An extensive follow-up interview with a sleep center physician then focuses on your history and symptoms of sleep problems.

Most insurance plans cover the cost of sleep evaluations.

Patients come to the Bethany Sleep Center for an overnight study in one of our comfortable sleep evaluation rooms. We attach electrodes and monitoring devices to you during a sleep test. While you sleep, our technologist will monitor: brain wave activity; heart rate; muscle activity in your chin; eye movement; leg muscle activity; blood oxygen levels; airflow from your nose and mouth; and your chest and abdominal efforts in breathing.

Our staff studies the results of these evaluations. Depending on your diagnosis, our physician will discuss treatment options following your sleep study.

SLEEP DISORDERS TREATED

Sleep Apnea (All Types)
Insomnia
Parasomnia
Periodic Limb Movements in Sleep
Sleep Walking
Circadian Rhythm Disorders
REM Behavior Disorder
Narcolepsy

SYMPTOMS OF SLEEP APNEA

Snoring
Excessive daytime sleepiness
Frequent headaches upon awakening
Frequent trips to the bathroom at night
Pauses in breathing during sleep