

Mission

Valley County Health System will provide progressive healthcare services in a healing, patient-centered environment.

Vision

To be the healthcare provider of choice and a symbol of strength, vitality and caring in the region we serve.

Values

Integrity
Compassion
Ownership
Respect
Trust



Contact Us

To learn more about our services
308.728.4309

Valley County Health System does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment or participation in its programs, services and activities, or in employment. For further information about this policy, contact
VCHS Corporate Compliance Officer
Phone: 308-728-4321
TDD/State Relay: 800-833-7352

2707 L Street • Ord, NE 68862
phone: 308.728.4200 • fax: 308.728.7809
www.ValleyCountyHealthSystem.org

Sleep Clinic

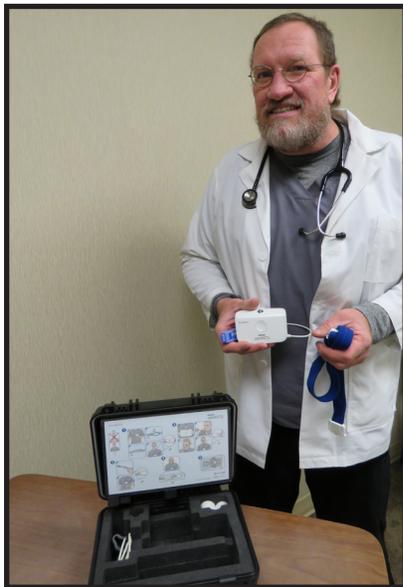


Progressive Care with Compassion

Sleep Better. Live Better.

When you sleep, your body rests and restores its energy levels. Nearly everyone has restless nights here or there. However, for those with sleep disorders, the lack of quality sleep can interfere with normal physical, mental and emotional functions.

A sleep study can determine whether or not you have sleep disorder and how to effectively treat it in order to allow you to get a good night's sleep every night. Treatment depends on the specific sleep disorder diagnosis as well as patient history. Behavioral modifications, medication, surgery, Positive Airway Pressure (PAP) and dental appliances are just a few treatment options for sleep disorders.



VCHS Respiratory Therapist/Manager Mark Deaton, RT (R), displays the in-home sleep study test equipment available at VCHS.

Sleep Study Services

VCHS offers the three primary types of sleep studies utilized in healthcare today: Type I Lab Sleep Studies, or PSGs; Type II Home Sleep Studies; and Type III Home Sleep Studies. With state-of-the-art equipment and regular technology upgrades, patients are offered premium quality testing.

Type I Sleep Studies

Type I Sleep Studies are administered by a licensed sleep technician in a designated sleep lab at VCHS.

A Type I Sleep Study monitors:

- EEG (brain waves)
- EOG (eye movement)
- ECG (heart rate)
- Chin EMG (movement of the chin muscles)
- Limb EMG (movement of limb muscles)
- Respiratory effort at the thorax and abdomen
- Air Flow from the nasal cannula thermistor
- Pulse Oximetry (saturation of oxygen in venous blood)
- Other channels for CPAP/BiPAP titration, CO₂, pH, etc.

Following the night of the Type I Sleep Study, the patient awakens in our sleep lab, the various monitors are removed, and the patient is allowed to start their day. The Sleep Study will be scored and then interpreted by a board-certified sleep specialist. The patient is then contacted with the results and recommendations for a plan of action.

Type II & Type III Home Sleep Studies

Type II and Type III Home Sleep Studies are portable sleep tests and similar to a Type I study but without a tech observing the study in progress.

Prior to the Type II and Type III tests, the patient comes to the hospital during the day and is instructed on how to set up and self-administer the home sleep test. In addition to being instructed by our respiratory therapist, the patient is given both written instructions to carry home, as well as an online video to assist with set up if needed. A respiratory therapist is always on call to assist if the patient has questions or concerns.

A Type II Home Sleep Test monitors:

- EEG (brain waves)
- EOG (eye movement)
- ECG (heart rate)
- EMG (muscle movement)
- Airflow and resistance
- Respiratory Effort
- Pulse Oximetry (saturation of oxygen)

A Type III Home Sleep Study monitors:

- ECG (heart rate)
- Pulse Oximetry (saturation of O₂)
- 2 sensors to monitor airflow and respiratory movement/resistance

Upon waking the following morning, the patient disconnects the test monitors and returns the recorder back to the hospital front desk. The test will be scored and then interpreted by a board-certified sleep specialist. The patient is then contacted with the results and recommendations for a plan of action.