

Eastern Iowa Sleep Center In Dubuque, Iowa!

EISC is excited to provide sleep services at **UnityPoint Finley Hospital** in Dubuque, IA. The Finley Sleep Center serves the Tri-State area of Iowa, Illinois,

and Wisconsin. The referral form for Finley can be found on our website at eiSleep.com/forms. For location details visit eiSleep.com/locations •

The Provider's Corner

Thank you to all the healthcare providers that have joined the effort to identify patients with Sleep Disordered Breathing (SDB), in particular obstructive sleep apnea (OSA).

Studies have linked sleepiness and fatigue to decreases in vigilance, reaction time, memory, psychomotor coordination, information processing, and decision making, all of which are needed for safe driving and peak performance. Identifying patients suffering from OSA and getting them the treatment they need, improves your patient's overall quality of life.

Here are a few EISC 2018 stats:

Apnea-Hypopnea Index (AHI) is the number of apneas and/or hypopneas per hour of sleep time and reflects the severity of sleep apnea.

EISC In-Lab Sleep Studies to identify OSA fell into the following categories:

- Mild (AHI 5-14) – 40%
- Moderate (AHI 15-30) – 25%
- Severe (AHI > 31) – 19%
- Normal (AHI < 5) – 16% of which patients had other sleep issues such as inadequate sleep hygiene, insomnia, RLS/PLMS

The **EISC Home Sleep Apnea Test (HSAT)** device was provided to 979 patients in 2018. OSA was found in 98% of the patients!

Patients were identified by the following providers: Family Practice/Internists, Sleep Medicine, Pulmonology, Cardiology, ENT, and others.



In this issue

- Welcome Finley Hospital
- The Provider's Corner: 2018 Stats
- Split Night Criteria
- EISC & Outreach locations

EISC Core Values

To our patients, their families, and partners, we are committed to uphold the following values:

- Service that is unparalleled
- Listening and creating individualized treatment
- Excellence in quality, professional care
- Efficient and welcoming, with easy access
- Patient-centered, innovative & compassionate care

Eastern Iowa Sleep Center

600 7th St. SE, 2nd floor
Cedar Rapids, IA 52401
Phone: 319-362-4433 / 877-361-4433
Fax: 319-362-4466
Office hours: 8am - 4:30pm
1010 8th Ave.
Belle Plaine, IA 52208
Operation hours: 5:30pm - 7:00am



EASTERN IOWA
SLEEP CENTER
eiSleep.com

FAQs: Understanding Split Study Criteria

A common question to our sleep lab is: *Why did EISC not trial a CPAP (Split Study) on a patient during their first sleep study?* The answer: *criteria must be met in order to qualify.* Some criteria is insurance driven and some is due to accreditation. The following may be helpful:

The technician may choose to begin a Split Night titration if:

- Sufficient sleep time is recorded.
- At least 20 apneas/hypopneas per hour and at least 40 events recorded. This does not include RERAs (respiratory event related arousals).
- And if positional apnea has been excluded.
- Or a life-threatening arrhythmia associated with obstructive events.

It is inappropriate to perform a Split Night titration for:

- An AHI (see chart) of less than 20 events per hour.
- Restless Leg Syndrome, unless severe apneas is also present.
- O2 desaturations in REM without arousals.
- Arousals without respiratory events.
- Low oxygenation level or baseline.
- If 4 hours has passed and patient has not met criteria.

EISC: Ready to serve you!



IN-LAB & HOME STUDIES

EISC offers In-Lab and Home Studies at all its locations.

EISC's Main location at 600 7th St, SE in Cedar Rapids offers MSLT, MWT and studies for highly complicated patients including pediatrics. ●

OUTREACH LOCATIONS



EISC-Belle Plaine is located at 1010 8th Ave, Belle Plaine, IA. Services include sleep studies 2 nights a week and home study pickup/drop off. PCI Sleep Medicine & Ortho physician visits each month. ●



EISC-Regional Medical Center

is located at 708 W. Main St., Manchester, IA. Services include sleep studies 3-4 nights a week and home study pickup/drop off. ●



EISC-UnityPoint Jones Regional Medical Center

is located at 1795 Hwy 64 E, Anamosa, IA. Services include sleep studies 2-3 nights a week and home study pickup/drop off. ●



EISC-UnityPoint Finley Hospital

is located at 350 N. Grandview Ave, Dubuque, IA. Services include sleep studies 3-4 nights a week and home study pickup/drop off. ●

Our Mission...

To provide our patients, families and communities with education and comprehensive care for sleep-related disorders



eiSleep.com