

Sleep Problems: What Every Woman Should Know

The Columbus Community Health Regional Sleep Disorders Center

Women are the staunch “first-line” defenders of their loved ones. They must also care for themselves.

Fortunately, major medical breakthroughs now have empowered them in their quest for the best possible family and personal health.

The secret? Many crucial keys to illness detection and prevention had been hidden in sleep for centuries. But at last, we know what to look for.

Did you know:

- Breathing problems during sleep are common in women...and that they tend to worsen rapidly after menopause?
- Studies have identified sleep-related breathing problems in the majority of people with fibromyalgia...and that treatment of the sleep problem can reduce pain?
- A variant of sleep apnea, UARS, is a widespread cause of chronic fatigue and sleepiness among women of all ages...most of whom are not overweight and do not snore loudly?
- Awakenings with headaches, night sweats, depression, high blood pressure, nasal congestion, a dry mouth in the morning and frequent urination at night are often due to potentially serious breathing problems during sleep?



The Columbus Community Health Regional Sleep Disorders Center is one of the very few sleep disorders centers in the U.S. that insists upon 1:1 patient: technologist ratios for seriously ill or complex patients.

- Your bed partner’s loud snoring can indicate that he is at a greatly increased risk of heart attack, heart failure, coronary disease and stroke, even if you haven’t observed any pauses in his breathing—and that encouraging him to seek care might save his health (if not his life)?

- Insomnia is not a disease but simply a label for poor sleep! If you experience repeated awakenings, simply taking sleeping pills without first determining the cause of the awakenings could prove dangerous.

If you or a loved one has sleep problems, where can you turn for help? After all, there are many sleep labs. How can you choose the best possible sleep center?

You should first consider the Columbus Community Health Regional Sleep Disorders Center for your and your loved ones’ needs. Why? What sets it apart?

- An international reputation for quality care. The CCH RSDC has treated many patients who have been left untreated elsewhere and who have come from Europe, South America, Puerto Rico and twenty-five U.S. states (as distant as Oregon, Maine and Florida) for definitive treatment.

- Expert care. Robert W. Clark, M.D., the Director of the Center, became involved in sleep medicine in its infancy in 1975. At the time, he was one of only four neurologists in the international sleep society. Dr. Clark has over 30 years of experience in the diagnosis and treatment of sleep-related illnesses. He holds American Board of Sleep Medicine certificate #004. He appears in various Who’s Who compendia and also was named one of America’s Top Physicians in 2006.

- The most comprehensive diagnostic services in this region. The CCH RSDC is unique in offering specialized testing for seizures, sleep-related acid reflux, UARS and excessively shallow breathing with carbon dioxide retention during sleep.



Medical Director, Robert W. Clark M.D., has been actively involved in sleep medicine since 1975. He has served on the medical boards of a number of sleep disorder societies and has given talks on sleep medicine throughout the United States and in Canada, Europe and South America.

- The most advanced treatments for sleep disorders in this region. The CCH RSDC was the first sleep disorders center in this area to utilize both adaptive servo-ventilation for patients who fail to initiate breathing efforts (a common cause of inability to use CPAP) and AVAPS (for patients who breathe too shallowly due to severe obesity, chronic lung disease, spine deformities or chronic lung disease). Many patients who had abandoned treatment with CPAP or bilevel PAP and who sought help at the CCH RSDC now use these newer technologies every night with tremendous benefit.

- Individualized care to ensure that patients both get and stay well. At the CCH RSDC, patients are treated promptly and then receive the follow-up support they need to ensure continued benefit from treatment. The patient comes first!

For more information, visit the CCH RSDC’s award-winning website at

www.thesleepsite.com. To schedule an evaluation, call (614) 443-7800.

