

Sleep Studies

Sleep Center

A good night's sleep is vital to maintaining good health. In fact, sleep deprivation can lead to serious health issues. If you are experiencing sleep problems, your doctor may suggest you visit the Dartmouth-Hitchcock Medical Center for Sleep Studies.

The Dartmouth-Hitchcock Medical Center for Sleep Studies is a partnership between Androscoggin Valley Hospital and the Dartmouth Sleep Disorders Center (DSDC). This state-of-the-art facility offers evaluation and treatment of the full range of sleep disorders, including insomnia, sleep apnea, snoring, narcolepsy, restless leg syndrome and more. Services

- Clinical diagnostic services and treatment for patients with symptoms that suggest a sleep disorder
- Patient evaluation by a sleep center physician
- Polysomnography (sleep evaluations in which electrodes measure brain waves, eye movements, muscle activity, respiration, heart rate and rhythm)
- Polysomnography (review and interpretation by DSDC sleep specialists or designated sleep specialist)
- A board-certified sleep medicine specialist to review all interpretations

The Sleep Clinic is located on the 3rd floor of Androscoggin Valley Hospital in the cardiopulmonary department. It offers two patient suites and an intervening technical control viewing area. Each patient suite has private bathroom facilities and television for the convenience and comfort of our patients.

For more information, call (603) 326-5847.