



Welcome to our practice

We at Advanced Center for Sleep Disorders, strive to provide our patients with the very best care in sleep medicine. Enclosed you will find several forms and questionnaires, that you will need to bring with you to your scheduled appointment. You will also find enclosed in your packet, a brochure containing information about Advanced Center for Sleep Disorders and directions to our facility.

If for any reason you are unable to make your appointment, please call at least 24 hours in advance so that we may fill the time slot.

Your Appointment is \_\_\_\_\_

We look forward to seeing you at our facility soon.



Dear Patient:

Enclosed you will find some handouts on sleep disorders and sleep apnea. A lot of medical research has shown untreated sleep apnea that can be linked to heart disease, high blood pressure, strokes, congestive heart failure, depression and memory loss. It has also been linked to increase motor vehicle accidents and several other medical conditions.

It is of importance that you make / keep your appointment with Dr. Chandra, who is a board certified sleep specialist, for further evaluation and treatment.

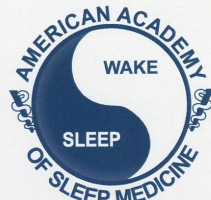
If you have any question(s) please contact our office at (706) 657-3660 or (423) 648-8008.

Sincerely Yours,

*Anuj Chandra M.D.*

Anuj Chandra M.D., DABSM





ACCREDITED  
MEMBER CENTER

*State-Of-The-Art  
Sleep Testing In A Place  
That Feels Like Home.*

*Serving Both Pediatric  
and adult Patients*

**Advanced Center For  
Sleep Disorders**



**www.sleepforhealth.org**

Accredited Sleep Center by AASM

**Directions:**

**To Chattanooga Office:**

FROM KNOXVILLE: South on I-75 to Exit 3 / E. Brainerd Rd. On exit ramp, take left lane; turn left at light on Hickory Valley Rd. Take right lane and right at next light onto E. Brainerd Rd. Go one mile to tan house on right hand side of road.

FROM ATLANTA/NASHVILLE: North on I-75 to Exit 3b/E. Brainerd Rd. Go straight on E. Brainerd Rd. to tan house on right hand side of road about One and half miles. Convenient parking at back of building.

**To Cleveland Office:**

From I-75 take Exit 25, turn left onto 25th street, take left on Westside Dr. Office is on Right hand side in a quarter of a mile.

**To Ringgold Office:**

From Chattanooga Take Exit 1 (E. Ridge EXIT), at Traffic light (Ringgold Rd.) turn Left. Our facility is 3 miles from this point. When you see the Catoosa County Fire and Rescue building on your left, you are getting close. There will be a Wet—Wild car wash on your right. Our facility is right after the car wash. We are in a tan colored building on the Right.



**Cleveland Office**  
3000 Westside Dr.  
Cleveland, TN 37312  
(423) 648-8008

**Chattanooga Office**  
6073 E. Brainerd Road  
Chattanooga, TN 37421  
phone (423) 648-8008

**Ringgold Office**  
2052 HWY 41,  
Ringgold, GA 30736  
(423) 648-8008

www.sleepforhealth.org

**DR. ANUJ CHANDRA, M.D.**

Double board certified in sleep medicine (ABSM & ABIM)

**LOTIKA PANDIT, M.D.**

Board Certified in sleep medicine (ABIM)

**PAULA COFFEY, F.N.P.**

**Glenna Lashley, FNP-C**

**DR. CINDY MORGAN, DNP, CNM**

**THERA THOMASON, F.N.P.-C**



## Common Sleep Disorders

### SLEEP APNEA AND SNORING

Snoring may be a sign of a significant sleep disorder called sleep apnea, where breathing is briefly and repeatedly interrupted. Besides significantly affecting sleep and its restorative benefits, sleep apnea has been associated with increased risk of some very serious medical conditions including stroke, heart disease, congestive heart failure, hypertension and attention deficit hyperactivity disorder (ADHD) in children.

### INSOMNIA

Insomnia, or the inability to fall asleep, remain asleep or awaken too early, can be a symptom of another disease or a disorder in its own right. Most people tend to have chronic-intermittent insomnia, where they have difficulty sleeping a few nights followed by a few nights of adequate sleep before the problem returns. This can lead to poor quality of life and has been linked to depression.

### RESTLESS LEG SYNDROME

A disorder characterized by the overwhelming urge to move the legs when at rest, accompanied by unpleasant sensations that are temporarily resolved by movement.

### DO YOU OR A LOVED ONE EXPERIENCE ANY OF THE FOLLOWING?

- Snoring
- Unrested Sleep
- Headaches
- Increase sleepiness during the day
- Depressed Mood
- Increased body weight
- High blood pressure
- Memory problems
- Night sweats
- Increased urination at night
- Collar size greater than 17 If so, you may have a potentially serious sleep disorder.

Under the directorship of Dr. Anuj Chandra, a Board Certified Sleep Medicine Specialist, the Advanced Center for Sleep Disorders is equipped with the latest sleep testing equipment. Our professional and courteous staff make it a priority to make patients comfortable and answer all questions related to sleep testing.

The Advanced Center for Sleep Disorders strives to provide the latest and very best in sleep medicine to its patients. We are conveniently and centrally located inside a nice house with a warm atmosphere, with attendants who strive to provide the best individual attention possible, putting people at ease and relieving the stress related to the thoughts of having to spend a night away from loved ones at home.



Under direct supervision by  
Double Board Certified  
Sleep Medicine Physician,  
Dr. Anuj Chandra

Sleep Center has a warm, home-like environment while upholding the highest professional standards in a State-of-the-Art facility.





Sleep, along with good nutrition and exercise, is necessary to sustain life. When sleep suffers, the entire body suffers. Through years of scientific research, we know that sleep disorders left untreated can lead to high blood pressure, heart disease, stroke, inability to concentrate, depression, poor work performance and traffic accidents.

A sleep study is the gold standard test for diagnosing certain sleep disorders. It is a painless test which requires sleeping at our facility for one or more nights, monitoring multiple brainwaves, breathing, heart rhythm, blood oxygen levels, muscle activity and eye movements during sleep. All readings are monitored by a trained technologist.



[www.sleepforhealth.org](http://www.sleepforhealth.org)

Beautiful, Large, Quiet and Cozy Bed-rooms with all New Pillow -top Queen Sized Beds, and Quality Linens.

Each Bedroom Features a 42" Flat screen television with cable and Free internet access. Patients can unwind and relax while watching cable TV or " Surfing the Net ".

Comfortable waiting area.

Accommodations are available for relatives to stay-over, in case needed.

Beautiful tiled steam showers.

- Most insurances accepted.
- Staff will verify all medical insurance coverage.

## Questions & Answers

### • IS THERE ANY PAIN INVOLVED IN SLEEP TESTING?

The sleep study is a painless test that involves recording vital data about the body while the person is asleep. The only discomfort would be that caused by tapes and adhesive patches used to attach wires to the body.

### • WILL I BE ABLE TO SLEEP AND MOVE ABOUT WITH THESE WIRES?

Absolutely. You are able to move about, change sides, go to the bathroom, and even get up and walk if you need. The sleep technicians are constantly monitoring all the data and will come to your assistance if you need any help.

### • I HAVE PROBLEMS SLEEPING IN NEW SURROUNDINGS.

#### WHAT WILL HAPPEN IF I AM UNABLE TO SLEEP DURING THE STUDY?

Do not worry at all. This is the very reason we choose to replicate a home atmosphere. Most people will be able to sleep, despite initial apprehension. Because of the nature of the testing, sometimes as little as three hours of sleep is enough to make a diagnosis of a sleep disorder.

### • I DO NOT HAVE A NORMAL WAKE AND SLEEP SCHEDULE.

#### WILL THAT INTERFERE WITH THE TEST?

The staff at Advanced Center for Sleep Disorders will do their very best to accommodate your normal sleep schedule.

### • CAN I GO TO WORK THE NEXT MORNING AFTER THE SLEEP STUDY?

Absolutely. You should, under most circumstances, easily be able to have a normal working day after spending the previous night in the sleep lab.

### • MY JOB INVOLVES SHIFT WORK. CAN I STILL UNDERGO THE TESTING?

Yes. At the Advanced Center for Sleep Disorders, we will do everything possible to accommodate your natural sleep schedule.

### • WILL MY INSURANCE COVER EVALUATION OF SLEEP DISORDERS?

Most insurance plans do cover sleep studies. The first step is an office visit with one of our health care providers specializing in sleep who will take a history and determine if you need a study. Not all sleep disorders require a study. Your insurance company can then be contacted to determine coverage and deductibles for the sleep test.

