

**FREE AT-HOME SLEEP SCREENING!**

# Sleep Better!

RAMC's Sleep Disorders Medicine is offering a **FREE AT-HOME SLEEP SCREENING** to help you improve your sleep.

No strings, no obligations.

Simply call us at (608)768-6258 to make arrangements to pick up the screening device. It is a simple, comfortable device that is worn during sleep.

## WHAT'S YOUR RISK?

- Have you been told that you snore? Yes / No
- Are you often tired during the day? Yes / No
- Do you know if you stop breathing or has anyone witnessed you stop breathing while you are asleep? Yes / No
- Do you have high blood pressure or on medication to control high blood pressure? Yes / No

If you answer yes to two or more of these questions you are at risk for obstructive sleep apnea. Please call RAMC's Sleep Medicine Clinic at **768-6258** for evaluation of a possible sleep disorder.



Take the first step to better sleep —  
call RAMC's Sleep Medicine Clinic today

**768-6258**

 REEDSBURG AREA  
MEDICAL CENTER

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