

Ask your Doctor if you or your loved one:

- Snore or gasp while asleep
- Stop breathing while asleep
- Move his/her arms or legs while asleep
- Fall asleep or fight off sleep while driving, working, reading or watching television
- Complain of daytime fatigue
- Have a history of high blood pressure
- Wake up with a headache
- Have a history of cardiac problems

If you have answered **"Yes"** to **two** or more of these questions, please



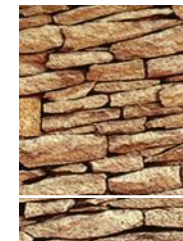
ZIA H SHAH MD – MEDICAL DIRECTOR
BOARD CERTIFIED IN PULMONARY & SLEEP MEDICINE
Co-MEDICAL DIRECTORS:
MOHAMMAD AKBAR MD
ZARAR BAJWA MD

Diet, Exercise and Sleep *The third piece of the puzzle:* **"sleep"**

If you do not have good quality sleep.....it gives birth to lots of problems, mainly.....High Blood pressure, Acid Reflux (GERD), Diabetes, Cardiac problems and much more...

Our Sleep Diagnostics Center is a specialized facility with Physicians specialized in ENT. Pulmonary and certified sleep technicians identify and provide treatment recommendations for sleep disorders.

SLEEP CONSULTS
(570) 581-8218
Fax: (570) 516-9170



US SLEEP PA, LLC **PULMONARY** **FUNCTION** **TESTING & SLEEP**

SPIROMETRY – MEASURE OF AIRWAY FUNCTION

LUNG VOLUMES AND DIFFUSION CAPACITY

INDICATIONS:
ASTHMA, COPD, EMPHYSEMA, DYSPNEA, CHF,
CHRONIC COUGH AND OTHER LUNG AND
HEART DISEASES

1666 MOUNT HOPE AVE
Pottsville, Pa 17901
ussleeplab01@gmail.com





**No more LOUD
snoring once
treated for Sleep**

*Friendly, Knowledgeable Staff
and Physicians*

We specialize in the diagnosis and treatment of over 80 classified sleep disorders in adults, adolescents, and children.

We perform sleep testing all seven nights per week.

If you or someone you love is experiencing a sleep problem, we invite you to contact our center

ABOUT PULMONARY FUNCTION TESTING – PFT

PROVIDES SPECIFIC, OBJECTIVE, PHYSIOLOGIC INFORMATION ABOUT RESPIRATORY FUNCTION TESTING LAB APPOINTMENTS ARE MADE AT PATIENTS CONVENIENCE RESULTS WILL BE TO YOUR PHYSICIAN WITHIN A 72 HOUR TIME FRAME...

PFT'S CAN BE USED TO DETERMINE IF A PATIENT'S RESPIRATORY SYMPTOMS ARE SECONDARY TO OBSTRUCTIVE OR RESTRICTIVE LUNG DISEASE. IN THE CASE OF OBSTRUCTIVE DISEASE, THE SITE OF OBSTRUCTION CAN BE DETERMINED, CONTRASTING LARGE AIRWAY WITH SMALL AIRWAY DISEASE.

COPD, ASTHMA, EMPHYSEMA, CHF, CHRONIC COUGH, DIFFICULTY IN BREATHING AND SOB



Studies shows that Sleep Problem causes>>>

- Lack of quality sleep is contributing to the obesity epidemic.
- Waking up to use bathroom often at night.
- EDS

Poll Data >>>

>>>> 36 percent of American drive drowsy or fall asleep while driving

>>>> 29 percent of Americans fall asleep or become very sleepy at work

>>>> 20 percent have lost interest in sex because of sleep disorders

>>>> 14 percent report having to miss family events, work functions, and leisure activities in the past month due to sleepiness Each of these consequences can have an enormous impact on an individual's health and happiness.