

# What's Your Snore Score?

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| 1. I have been told that I snore.                                     | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. I have been told that I wake up gasping for air.                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. I have high blood pressure.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. My friends and family say that I'm often grumpy and irritable.     | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I wish I had more energy.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. I get morning headaches.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. I often wake up A for breath.                                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. I consider myself overweight.                                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. I often feel sleepy or fall asleep inappropriately during the day. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10. I frequently wake with a dry mouth.                               | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

*What's Your Score? Call us at 352-751-4955. We'll put your questions to bed once and for all.*

If you answered YES to three or more questions, you have symptoms of Sleep Apnea -- a potentially serious disorder which causes you to stop breathing repeatedly, often hundreds of times during your sleep.

## Directions

1400 N US Hwy. 441  
Bldg. 940, Suite 940 & 946  
The Villages, FL 32159  
**352-751-4955**

**VillageSleepLab.com**

From South HWY 441/27

1. Proceed north to Morse Blvd intersection (light) after passing Saint Timothy's Church (Left).
2. Turn left on Morse Blvd and at rotary (circle) proceed right and take the first right onto El Camino Real.
3. Once on El Camino Real, go a very short distance (approx. 1/8 mile) and turn right into Spanish Plains Professional Park.
4. Turn right on top of the driveway. The Sleep Lab is the second building on the left (third door) "The Village Sleep Lab".

From North HWY 441/27

1. Proceed south to Morse Blvd intersection (light) after passing the entrance to The Villages Hospital and Wellness Center.
2. Turn right on Morse Blvd and at rotary (circle) proceed right and take the first right onto El Camino Real. (See 3 above)

From Morse Blvd. (Southwest)

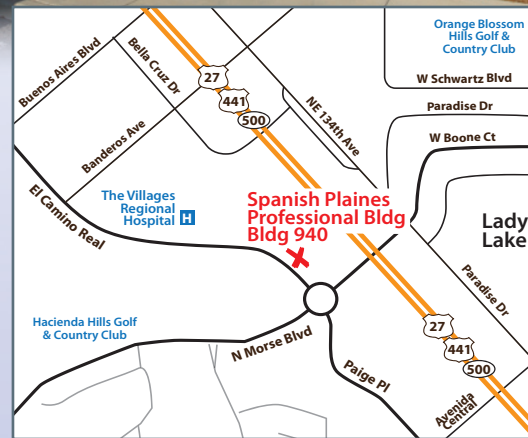
1. Proceed Northeast on Morse Blvd to rotary (circle) proceed right and take the third right onto El Camino Real. (See 3 above)

From El Camino Real (Northwest)

1. Proceed Southeast on El Camino Real past The Villages Regional Hospital and The Wellness Center and turn left into the next driveway (large directory sign) before the rotary.
2. Turn right on top of the driveway. The Sleep Lab is the second building on the left (third door) "The Village Sleep Lab".

**Mailing Address:**  
1400 N US Hwy. 441  
Bldg. 940, Suite 942  
The Villages, FL 32159

ABOUT THE VILLAGE SLEEP LAB  
The Village Sleep Lab is Accredited by the American Academy of Sleep Medicine.



# THE VILLAGE SLEEP LAB & BREATHING CENTER

1400 N US Hwy. 441  
Bldg. 940, Suite 940 & 946  
The Villages, FL 32159

**352-751-4955**  
**VillageSleepLab.com**



# THE VILLAGE SLEEP LAB & BREATHING CENTER

*Changing Lives. Overnight.*



*A Good Night's Sleep Can  
Be A Dream Come True.*

Sleep disorders, such as Obstructive Sleep Apnea, Restless Legs Syndrome and dozens more, can cause enormous suffering, even though they can be easily diagnosed and treated. Dr. Albino is board certified in sleep medicine and has special expertise to help you rediscover the health and other benefits of quality, restful sleep.

### HOW DO I KNOW IF I HAVE A SLEEP DISORDER?

If you've experienced disturbed sleep for more than a month and feel it has interfered with the way you feel or function during the day, check the following list. If you experience any on a regular basis, you may need to be evaluated for a sleep disorder.

- Daytime Sleepiness
- Fatigue, Tiredness
- Snoring
- Morning Headaches
- Gastroesophageal Reflux
- Depression
- Mood Swings and Irritability
- Problems Concentrating or Memory Loss
- High Blood Pressure
- Impotence

### WHAT IS OBSTRUCTIVE SLEEP APNEA?

This is one of the most common and most serious sleep disorders, and is caused primarily by an obstruction in your throat, behind your tongue, which causes both snoring and apnea (during which no air flows into the lungs for at least 10 seconds causing a drop in your blood oxygen level).

This blockage of air flow can result in a panic state, high blood pressure, and tremendous stress on your heart and brain. Since obstructive sleep



apnea often occurs during your deepest, most restful sleep, your brain may actually keep you in a superficial sleep which is not restful or satisfying even when you sleep eight hours.

Effects of obstructive sleep apnea can include:

- Poor performance on the job
- Mood swings and personality changes
- Industrial or driving accidents.
- Hypertension, heart attacks, heart failure or strokes.
- Fatigue
- Sexual dysfunction

Sleep apnea and obesity can promote each other in a vicious cycle.

### HOW CAN THE VILLAGE SLEEP LAB HELP ME IF I HAVE A SLEEP DISORDER?

We diagnose many sleep disorders through the use of a sleep study or polysomnogram, performed in our comfortable sleep lab. This painless test is conducted during your normal sleep hours, in a comfortable, private room designed specifically for these evaluations. You will be connected to monitors which will determine your stages of sleep, when you experience apnea (stop breathing), and any drops in your blood oxygen level.

Once a diagnosis is confirmed, proper treatment can allow sound, quality sleep for both you and your partner. This can have a profound and satisfying impact on your lives.

### WHO WILL PERFORM MY SLEEP STUDY?

Our Sleep Lab, accredited by the American Academy of Sleep Medicine, operates under the auspices of Dr. Juan Albino, who's a board-certified sleep medicine physician, and tests are conducted by highly-trained, board-certified polysomnographers/sleep technicians.

### HOW DO I SCHEDULE A SLEEP STUDY?

You may receive a referral from your physician or contact us directly. We will perform an initial evaluation to determine whether a sleep study is indicated, and if so, we'll schedule you for one in our Sleep Lab.

What type of follow-up should I expect?

Dr. Albino is as thorough in his follow-up care as in his evaluations and sleep studies. He will not rest until he knows you are achieving quality, restful, healthy sleep. This is one of many factors which distinguishes our practice.

*For more information about sleep disorders, call The Village Sleep Lab at 352-751-4955 or visit our website at [VillageSleepLab.com](http://VillageSleepLab.com).*



### DR. JUAN ALBINO

Dr. Albino has been in practice about three decades and received his medical degree from Harvard Medical School, completed his internship and residency at Montefiore Hospital/Albert Einstein College of Medicine, and his fellowship at Columbia University. He is board

certified in Sleep Medicine, Pulmonary Medicine & Critical Care.

His academic titles included Assistant Professor of Medicine at New Jersey Medical School and Instructor of Medicine at Harvard Medical School and at Columbia University. He is a Fellow of the American College of Chest Physicians and member of the American Thoracic Society and the American Academy of Sleep Medicine.