



March 2014

BUTLER WOMAN ENCOURAGES OTHERS WITH SLEEP PROBLEMS TO GET TESTED & TREATED



Mary Bonetti at The Center Pointe Sleep Lab in Butler, where she had a sleep study in 2012.

"I love my CPAP machine because I now wake up refreshed & realize it's a beautiful morning" says Mary Bonetti. Prior to her sleep study, she felt very tired most of the time and remembers having "brain fog" in the morning. "I had no energy and my physicians thought I had a TIA over Christmas. My PCP encouraged me to have a sleep study and said I might want to consider the Butler Center Pointe Sleep Lab in Pullman Square because they have big comfy beds like a really nice hotel. I am so glad I went. The people at the lab were so nice and explained everything to me. Once I knew I had sleep apnea, I got a CPAP machine and used the nasal pillows. It took a little bit of time to get used to it, just like wearing glasses. I wanted to find something that was going to help me, so I wanted to do what was necessary to feel better". Mrs. Bonetti is a very positive and happy woman,

wife and mother of six children and grandchildren. She says that "when I talk to someone who is having trouble sleeping, snoring, or tired all the time, I encourage them to have a sleep study and get treated because the test does not hurt. I tell them how much better they will feel".

Today there are many options for patients with sleep apnea. If you had a sleep study and are having trouble wearing your CPAP mask, you can schedule an afternoon appointment for a PAP NAP study to work with a variety of masks. The staff at Center Pointe will help you find a solution that works. We are committed to helping you find a solution. For patients who are intolerant to CPAP, Oral Appliance may be an option for you. Untreated Obstructive Sleep Apnea can be detrimental to your health. If left untreated it can lead to heart attacks, TIA and strokes.

Our sleep centers have private suites with comfortable beds, flat screen TV, most with a private bathroom, and offer a light breakfast snack the next morning, etc. Call 800-249-1445 to schedule your sleep studies or Pap Nap. You will be glad you did when you feel better and wake up refreshed!!

NATIONAL SLEEP AWARENESS WEEK IS MARCH 2-8 WHEN WE ALL WILL LOSE 1 HOUR OF SLEEP.

