

# [Sleep Disorders Center](#)

The Trinity Sleep Lab, diagnoses and treats patients who have difficulties falling asleep or staying asleep at night, problems with excessive daytime sleepiness, or other medical problems that may occur or exacerbate during sleep.

*Do you suffer from daytime sleepiness?*

**40%** of adults are so sleepy during the day that it interferes with their daily activities.

18% experience this level of daytime sleepiness at least a few days a week or more.

*Do you snore?*

**34%** of adults report snoring a few nights a week or more.

**16%** of men and 10 percent of women report having had pauses in their breathing during sleep a few nights a week or more during the past year.

*Do you have trouble sleeping?*

**56%** of adults in the U.S. report one or more symptoms of insomnia a few nights a week.

*Do you feel your sleep disturbance in affecting your life?*

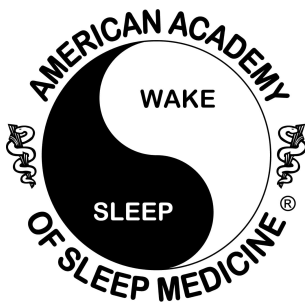
**62%** of adults who experience frequent difficulty in sleeping say they are concerned.

*How are you sleeping?*

Take a test to see if you may be a sleep study candidate!

[Click here to download a printable PDF of the Epworth Sleepiness Scale test](#), take the test yourself and see how you score then contact your physician to discuss your score and schedule your appointment at Trinity Sleep Lab. At Trinity Sleep Lab they offer the comfort of a nice hotel, offering a hot breakfast, a private queen sized, a private bathroom, handicap rooms and best of all quality care.

If you have any further questions [click here to email](#) them to Trinity Sleep Lab.



*Trinity's Sleep Lab is proud to announce a national accreditation by the American Academy of Sleep Medicine with a full staff of credentialed registered polysomnographic technologists.*