

Banner Payson Medical Center Comprehensive Sleep Center



Getting a good night's sleep is vital to one's overall health and well-being and yet approximately 22 million Americans suffer from a disorder known as sleep apnea that can greatly impact their sleep and their lives.

Banner Payson Medical Center now offers a **Comprehensive Sleep Center** providing in-lab and home sleep studies to help diagnose and treat sleep disorders in adults.

- Are you tired and doze off during the day?
- Do you snore?
- Have you been told you stop breathing during sleep?

Did you know that sleep studies are only effective if they are performed at the altitude in which you live? Sleep studies must consider the elevation of the town you live in to be accurate.

Did you also know that one of the symptoms of Long COVID is sleep disorders? Some people have continuing respiratory issues after COVID that can disrupt sleep. Some people may have PTSD if they were intubated during COVID, and this can also cause insomnia.

Banner Payson Medical Center's Comprehensive Sleep Center is now open to serve the Rim Country Community. **Patients do not need a doctor's referral to schedule a sleep consultation.**

Call Our Sleep Professionals For More Information Today

Phone (928) 259-5240
127 E Main St Ste C, Payson, AZ 85541

 **Banner Health**
Payson Medical Center