



Community Health Network

### *News Release*

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## **For Immediate Release**

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### **We All Need a Good Night's Sleep**

Have you been snoozing through your days, and feel like you're in a daze? Do you doze off any time you sit down for 5 minutes? Do you feel like you sleep all night, yet feel sleepy all day? With the busy and stressful lives we lead, it's hard to determine just what "rested" truly is.

At CHN, we are here to help answer those questions. It starts with **Steven M. Brown, MD**, who is board certified in Pulmonary and Internal Medicine. By answering a simple questionnaire entitled the "Epworth Sleepiness Scale," those answers assist Dr. Brown in determining any abnormalities in one's sleep. "The questionnaire has 8 questions, and the patient ranks on a scale of 0-3 their chances of dozing off in specific situations," said Dr. Brown. "This gives me a baseline on the patient and we go from there."

Dr. Brown works with the many types of sleep disorders. *Sleep apnea* is a common disorder characterized by a cessation or decrease in breathing during sleep. This can result in heavy snoring, and waking up many times a night. *Insomnia* is the most common of all sleep disorders. This is the inability to sleep, including difficulty falling asleep, waking frequently during sleep, and waking too early in the morning, all resulting in an unrefreshing sleep. *Narcolepsy* is characterized by excessive sleeping. *Restless Leg Syndrome* is leg sensations that usually occur before sleep onset and causes an almost irresistible urge to move legs.

If you're getting sleepy just reading this, wake up and read on. There are simple tests that can be a lifesaver to those suffering from any of these sleep disorders. "With certain diagnosis, we offer a simple test overnight in our sleep lab here at CHN. We have the patient monitored utilizing computer technology, and it checks and records over a dozen different body functions including heartbeat, leg movements, brain stages, oxygen levels, air intake, and others," said Dr. Brown. "If an obstruction is detected, we can treat the patient on the spot during their study, and fit them with a Continuous Positive Airway Mask (CPAP), and then continue the testing to determine the effectiveness. My goal is to get all patients to develop a normal sleep pattern," said Dr. Brown.

Yes the sleep mask one would wear at night may look and sound like a character from Star Wars, but the results are worth it. "It's a very simple device, yet can have outstanding results for people with sleep disorders. And leaving a sleep disorder untreated can have serious consequences; driving accidents, heart disorders, stroke, diabetes, and obesity to name a few," commented Dr. Brown. "Simple testing and treatment can far outweigh those consequences."

Commonly associated with sleep disorders, are breathing/lung disorders. "Regrettably there is a lot of lung disease in this community," stated Dr. Brown. "Many people fly under the radar and live with chronic lung disease, which is disheartening. There is extremely simple testing that is done to measure the air intake and speed in and out of the lungs. We have excellent tools today to detect and treat." At CHN, the most common treatments Dr. Brown manages are COPD, asthma, and sleep apnea.

"I want to help people improve the quality of their life, and we have the opportunity to do that right here in Berlin," said Dr. Brown, who brings to CHN superior skills, education, and training. He received his medical degree from Yale University School of Medicine in New Haven, CT. He received his board certification in Internal Medicine from Northwestern University in Chicago IL, and his board certification in Pulmonary Medicine from New York University Medical Center.

He currently owns and independently operates the Lung Center of Milwaukee. Here at CHN, he provides pulmonary and sleep medicine consultations, broncoscopies, and thorocentesis. He provides service two weeks per month in Berlin, with interpretation available full-time. He is located in Suite 1100 of the CHN Medical Office Building in Berlin, and available at 920-361-5717. Don't let another sleepless night take over your days.

**PHOTO:**

The professional services of Steven Brown, MD, are available at Community Health Network in Berlin.