

Sleeping Easy

BDCH's State-of-the-Art Sleep Center
Helps Patients Achieve Restful Sleep



BDCH features the Region's
ONLY Dedicated Pediatric
Sleep Medicine Room

Like any parent, Anna Zastrow became concerned when her 3-year-old daughter Clare began experiencing sleep problems. Clare was having difficulty sleeping through the night, awaking startled and needing calming in order to return to sleep.

As the issues progressed, Clare's pediatrician recommended a sleep specialist in Madison, who in turn recommended that Anna have a sleep study performed at Beaver Dam Community Hospitals, Inc.'s state-of-the-art Sleep Center.

BDCH has the region's only dedicated pediatric sleep medicine room, including an adjoining room for parents, and Anna was relieved Clare would be able to have a sleep study done close to home.

"Clare is very particular about things, and I was really worried about how she would react to having a sleep study done in a new environment," Anna said.

Although Clare was not looking forward to the sleep study, that all changed once she walked through the doors of the BDCH dedicated sleep center at 919 S. University Ave. in Beaver Dam.

"Before the study, Clare was just having none of it," Anna said of Clare's reluctance. "But once we got there, their sleep tech Lila (Hopper) met us at the door, made us feel very welcome and put Clare at ease."

"I can't say enough about what they did for us," Anna continued. "They were incredibly patient with Clare, made her feel comfortable and made everything a game for her so she felt like the sleep study was being done on her terms."

BDCH opened the dedicated sleep center to offer patients a quiet, soothing and secluded space where board-certified sleep medicine physicians Dr. Jacalyn Nelson and Dr. A. Danny Yaish, and experienced sleep technologists could diagnose and treat more than 200 sleep disorders.



Rich Sorensen is thankful that Lila Hopper, Lead Technologist with the BDCH Sleep Center, recommended an at-home sleep study.

Parasomnias, for example, are a group of sleep disorders that involve unwanted events or experiences that occur while you are falling asleep, sleeping or waking up. Parasomnias include Sleepwalking, Confusional arousals, Night Terrors, REM Sleep Behavior Disorder, Nightmare Disorder, Sleep Paralysis, Sleep Talking, Bedwetting (enuresis), Sleep Related Groaning, Exploding Head Syndrome and Sleep Related Eating Disorder.

The BDCH Sleep Center now also offers convenient at-home sleep studies, which can provide the comfort and convenience that go along with a night's sleep in your own bed. This is beneficial for the home-bound, older adults or those with chronic illness, as well as those simply reluctant or anxious about sleeping in a different environment.

"I've always been restless at night and have always gotten about four or five hours of sleep, and I figured that's just the way it was," said Rich Sorensen, who underwent an at-home sleep study, was diagnosed with a sleep disorder and fitted with a CPAP mask. "I definitely recommend the home study for anyone who thinks they might have a sleep disorder. It was really easy, the BDCH sleep center took care of everything and treated me really well."

Anna feels the same way about her experience with Clare. After learning more about sleep disorders and witnessing the compassionate, advanced clinical care received by Clare, Anna says she will definitely refer people to the BDCH Sleep Center.

Beginning with her husband, Mike.

"I already told him he's next," Anna said, laughing.