



News Release

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Sleep Lab may be the answer for patients with sleep disorders

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital’s Sleep Lab can help diagnose sleep disorders, leading to better sleep and better health.

The lab offers complete in-lab sleep testing to diagnose a wide variety of sleep-related disorders, including sleep apnea, insomnia, narcolepsy and limb movement disorders.

Left undiagnosed, sleep disorders can have serious effects on heart rhythms, hormone balances, blood pressure, blood sugar, memory and concentration. Lack of sleep is also associated with a decreased quality of life, obesity, chronic diseases and mental health conditions like depression.

“Sleep issues and disorders affect every aspect of a person's health: physical, mental, and emotional,” said Nathan Fuerhoff, BS, RRT, RPSGT, director of respiratory care/Sleep Lab at CCH. “Oftentimes, these disorders have very hard-to-detect symptoms that occur over long periods of time.”

Symptoms of a sleep disorder may include:

- A large amount of snoring.
- Periods when breathing stops during sleep.
- A large amount of daytime sleepiness or fatigue.
- The tendency to fall asleep easily during the day.
- Problems falling asleep or staying asleep.
- Morning headaches or sore throats.
- A large amount of movement while sleeping.

If people are suffering from these symptoms, they should get a referral from their physician to visit the CCH Sleep Lab. Physician referral is required to schedule an appointment.

In the two-bed lab, staff are able to monitor various aspects of heart, brain and lung function during sleep, such as heart rate, blood pressure, breathing patterns, length of apneic periods, muscular effort and brain waves.



The Sleep Lab offers testing in private rooms with services to make patients feel comfortable and more at home, including:

- Patient-controlled room temperatures.
- Adjustable-sleep positioning in queen-sized beds.
- Flat-screen televisions.
- Private bathrooms with showers.
- Accessible accommodations for patients with special needs.
- Complimentary breakfast and coffee after testing.

CCH's Sleep Lab is fully accredited by the American Academy of Sleep Medicine and The Joint Commission. It is staffed by registered polysomnography technologists who are under the medical direction of a board-certified sleep physician, Kevin Reichmuth, MD, of Nebraska Pulmonary Specialties, LLC.

Sleep Lab staff members are able to accommodate patients with day or night shift work schedules, and the Sleep Lab also offers easy-to-use, portable recording equipment for at-home sleep apnea testing.

For more on CCH's Sleep Lab and how it can help people get better sleep, call 402-562-4670 or visit www.columbushosp.org.

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