



Merit Sleep Center Locations

Merit Center for Sleep Health of Chicago Lakeshore

233 E. Erie St. Ste 700
Chicago, IL 60611

Merit Center for Sleep Health of Lombard

1300 S. Main St Unit F
Lombard, IL 60148

Merit Naperville Center for Sleep

475 E. Diel Rd.
Naperville, IL 60563

Merit Center for Sleep Health of Oak Park / River Forest

7321 W. North Ave
River Forest, IL 60305

Merit Center for Sleep Health of Prairie Stone

4885 Hoffman Blvd. Ste 450
Hoffman Estates, IL 60192

Merit Sleep Testing At Home

Throughout the Chicagoland Area!



Experience the Difference:

- Comfortable, hotel-like rooms with private bathrooms with showers (adult and pediatric)
- Convenient sleep lab locations or in the convenience of your home
- We perform all patient insurance verification and pre-authorizations
- Complete care coordination including testing, CPAP therapy, compliance, ongoing patient follow-up and CPAP supply management
- Fast, detailed results within 2-4 days
- Patients receive extensive CPAP training, education and follow-up to ensure compliance and success
- Patient's physicians can use web-based software to monitor CPAP usage, mask leakage, AHI and pressure statistics without requiring an office visit
- Mask fittings and patient therapy setups may be completed at office locations, sleep centers, physician's office, home or work

CPAP Set-Up Locations

Choose one of our sleep center locations, your physician's office or the comfort of your home...

It's your choice!



Sleep Disorder Testing
CPAP Therapy
Sleep Center Management

Accredited by **The Joint Commission (TJC)**

Offered Through Our Affiliates:

- Post-Acute Care & Rehabilitation • Inpatient Specialty Care Programs
- Long-Term Care • Memory Care • Assisted & Independent Living
 - Home Health Care • Hospice & Palliative Care
 - Private Care Services • Sleep Testing & Treatment



855 - LEX - MERIT

855 - 539 - 6374

www.lexmerit.com

www.meritsleep.com

Sleep Testing & CPAP Therapy



Sleep Disorder Testing
CPAP Therapy
Sleep Center Management

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855 - 539 - 6374

WWW.LEXMERIT.COM



How to Make a Referral or Start Services:

Simply call, fax, email or visit us at:

Phone: 888-637-4848

Fax: 630-506-5329

Email: info@meritsleep.com

Website: www.meritsleep.com



Chicagoland's leader in diagnosing and treating adult and pediatric sleep disorders



What is a Sleep Test?

Merit offers assessment and diagnosis for over 100 sleep disorders at home or in a sleep center that monitors stages of sleep, breathing patterns, heart activity, blood oxygenation and many other physiologic variables. In order to receive proper treatment, a sleep test is the first step on the road to better sleep.

When is a Sleep Test Appropriate?

It is important to know the signs of a sleep disorder and discuss your symptoms with your physician. You may have a sleep disorder if you answer yes to any of the following questions:

- Do you snore?
- Do you feel excessively tired during the day?
- Do you fall asleep while watching TV, reading, riding in or driving a car?
- Do you have frequent awakenings at night?
- Do you wake up with a headache?
- Are you overweight?

Children with sleep disorders experience:

- Tiredness and irritability
- Easy frustration
- Difficulty focusing attention
- Inability to reason and think abstractly
- Difficulty modulating impulses and emotions

Services We Offer:

- Patient screenings
- Physician pre-test and post-test consultations
- Fully attended, in-lab studies including:
 - Diagnostic Test
 - Titration Test
 - Split Night Test
 - Daytime Test
 - Multiple Sleep Latency Test (MSLT)
 - Maintenance of Wakefulness Test
- Home sleep test
- Pap Nap (CPAP desensitization, mask fitting, air pressure adjustments)
- Protocols for determining the needs for future diagnostic testing of suspected sleep disorders
- CPAP therapy (set-up, compliance and monitoring)
- Ongoing CPAP maintenance supplies

Benefits of a Good Night's Sleep:

A number of vital tasks are carried out during sleep that help maintain good health and enable you to function at your best. Not only does the quantity of your sleep matter, but the quality of your sleep is even more important.

A good night's sleep improves your:

- Energy level
- Mental functioning
- Memory
- Mood
- Libido
- Ability to lose weight
- Overall quality of life

Sleep Hygiene (Recommended for all):

- Maintain a regular bed and wake time schedule
- Establish a regular bedtime routine
- Create a sleep-conducive environment
- Sleep on a comfortable mattress and pillow
- Finish eating 2-3 hours before bedtime
- Exercise regularly
- Avoid caffeine, nicotine and alcohol prior to bedtime

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SLEEP HEALTH**

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