

Central Montana Medical Center

ZZZ SLEEP LAB ZZZ

- *Do you snore?
- *Do you have morning headaches?
- *Do you choke or gasp for breath while you sleep?
- *Has anyone ever told you that you stop breathing during your sleep?



If you answered yes to two or more of these questions, you may suffer from **Obstructive Sleep Apnea.**

If you're not sleeping well, talk to your doctor or call the Sleep Lab Professionals at CMMC (406) 535-6292



Roy N. Kohler, MD
Board Certified in
Sleep Medicine



- *Do you feel tired or fatigued after you sleep?
- *Has your weight changed in the last 5 years?
- *Have you ever nodded off or fallen asleep while driving a vehicle?



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AMERICAN ACADEMY OF SLEEP MEDICINE

Setting Standards & Promoting Excellence in Sleep Medicine