

Sleep Quiz: Please check all that apply:

- I snore loudly
- I have been told that I stop breathing in my sleep
- I often take daytime naps
- I gasp or choke during sleep
- I have a morning headache __ times per week
- I am overweight or obese
- I have sexual dysfunction
- I am tired and sleepy during the day
- I wake up frequently during the night
- My legs jerk during sleep
- I have high blood pressure
- I have heart disease

If you answered “yes” to two or more of these statements, you should talk with your physician to determine if you should have a sleep study.

More than 70 million people suffer from sleep disorders including such common sleep disorders as snoring and sleep apnea, narcolepsy, restless leg, and conditions causing insomnia. Untreated sleep disorders increase risk of stroke, high blood pressure, heart disease and heart attack, fatigue-related motor vehicle and work accidents, and decreased quality of life. Despite the wide prevalence of sleep disorders, most patients remain undiagnosed and untreated.



Each sleep room is equipped with a Temper-Pedic mattress, flat-screen television, wi-fi, and private bathroom for maximum comfort.



The Hill Country Room
Medical Clinic of Houston Sleep Disorders Center

Sleep is not a luxury; it is a necessity for optimal functioning.

Medical Clinic of Houston Sleep Disorders Center is a comprehensive program that brings technical excellence and medical expertise to the diagnosing and treatment of sleep disorders. The Center offers a wide range of services such as diagnostic studies, continuous positive pressure and bi-level positive pressure titration studies, split-night studies, multiple latency sleepiness test, and maintenance wakefulness testing. All studies are performed and interpreted according to the American Academy of Sleep Medicine’s standards to ensure the highest quality of care. Patients are monitored with state-of-the-art equipment in a private, quiet, home-like setting. All rooms are wheelchair accessible.

We appreciate the importance of a good night’s sleep and know how imperative sleep is to live a healthy life. To schedule your appointment please talk to your MCH physician.



Other Services Available at MCH

Using some of the most advanced imaging technology available, Medical Clinic of Houston offers a wide variety of digital imaging services including Mammography, MR, CT, Ultrasound, Bone Density, Nuclear Medicine, and general X-Ray.

Cardiac Calcium Scoring

Cardiac calcium scoring is a revolutionary, pain-free, non-invasive procedure requiring less than 15 minutes. Using CT imaging with sub-second scanning capability, the equipment takes 50-80 images of your coronary arteries without any injections or needles. The amount of calcium or plaque detected in your coronary arteries is used to establish your cardiac calcium score. Medical Clinic of Houston uses a state-of-the-art Toshiba CT imaging scanner that is so fast it can render images of a human heart, even as it beats. To schedule your appointment please talk to your MCH physician.



Pre-travel Evaluations

To meet the health needs of the global traveler, we provide pre-travel evaluations in order to identify health risks and evaluate a patient's fitness for travel – thus minimizing the risk of health problems abroad in an unfamiliar healthcare delivery system. We also offer vaccinations required for entry by most foreign nations.



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Please visit us at our website, www.mchllp.com,
for more information about Medical Clinic of Houston!



Sleep Disorders Center