

The NICoE integrates a full sleep assessment into its interdisciplinary care model, including appointments with a sleep specialist, ongoing activity monitoring, and a monitored night in a sleep lab. Analyzing the findings of these many data sources allows the NICoE to diagnose sleep disorders ranging from Sleep Disordered Breathing (SDB) to insomnia. Identifying and beginning treatment of these various sleep disorders early in the patient's stay allows for optimized improvement in not just sleep and energy levels, but also in mood, and pain control.

Aspects of the Program

- One-on-one appointments with a sleep specialist
- 120-144 hours of ongoing monitoring through an actigraph unit that tracks motion, allowing the sleep specialist to further analyze sleep duration, sleep onset and wakeup, and restlessness during the night
- Polysomnogram, or a full sleep study, including EEG and EKG electrodes to measure muscular activity and an oxygen sensor breathing patterns, oxygen levels, cardiac rhythm, proper stages of sleep, proper brain electrical activity and degree of limb restlessness
- Group education course on normal sleep and sleep disorders specific to TBI and PTSD

Eligible Patients

- Every patient at the NICoE undergoes a full sleep study, and participates in each aspect of the program

Common Diagnoses

- Sleep Disordered Breathing (SDB)
- Insomnia

Common Symptoms of Sleep Disorders

- Changes in mood
- Fatigue
- Depression
- Cognitive difficulties
- Headaches
- Weight gain
- General pain

Common Treatments and Tools

- Continuous Positive Airway Pressure (CPAP) machine, an appliance that delivers compressed air through a mask to the sleeping patient to keep the airway from collapsing
 - The NICoE is able to secure a device for patients covered by TRICARE North shortly after diagnosis, and works closely with a team at Walter Reed National Military Medical Center to ensure service members are properly fitted and comfortable working with the device.
 - If patients are not covered by TRICARE North, then the CPAP is included in their discharge recommendations, to obtain once they return to their referring facility.
- Oral Appliance, a dental device worn throughout the night that helps to maintain an open airway
 - While oral devices are not available at the NICoE, they are built into the customized treatment plans of appropriate patients.
- Surgery, a permanent modification to increase airflow and oxygen intake
 - While surgery is not available for patients at the NICoE, the recommendation is built into the customized treatment plans of appropriate patients.