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**SNORING CONTEST SOUNDS OFF REGARDING  
EXCELA HEALTH'S ADVANCED SLEEP CENTER**

**GREENSBURG, PA, June 4, 2014** ...Silence may be golden but the sound of snoring could be the key to a better night's sleep for the winner of a contest sponsored by Excelsa Health's Advanced Sleep Center in partnership with radio station Star 100.7 and Mattress Discounters.

The contest, "Snore to Score," runs the week of June 9 with the winner announced June 13. To enter, submit an audio clip of your loved one snoring to the Bubba Show by posting to the radio station's Web site during the contest.

The winner receives a new mattress and box spring valued at \$1,900 courtesy of Mattress Discounters and a sleep study conducted by Excelsa Health.

"Unless our bed partner is disrupting our sleep, most of us don't think of snoring as something to be overly concerned about," said Tom Capco, Excelsa Health's director of Ambulatory and Outpatient Services, which includes the Advanced Sleep Center.

"But frequent, loud snoring may be a sign of sleep apnea, a common and potentially serious disorder in which breathing repeatedly stops and starts as you sleep. Although sleep apnea is treatable, it often goes unrecognized. Learning how to identify the warning signs, how to distinguish it from normal snoring, is the first step to overcoming sleep apnea and getting a good night's sleep."

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Some 70 million Americans are affected by sleep disorders, yet less than one-tenth of these individuals seek medical treatment. Sleeping difficulties should not be

ignored. Neglecting sleep at night can cause a variety of problems during the day including fatigue, sleepiness and the inability to concentrate. Certain sleep disorders can further lead to serious health problems such as heart attack, stroke and high blood pressure, or cause fatigue-related motor vehicle accidents and decreased quality of life.

A sleep study or “polysomnogram” is a painless means of measuring body processes during sleep. Recordings of brain waves, eye movements, heart beat, breathing, muscle tension, leg movement and oxygen levels are made by placing sensors on the patient’s skin surface around the chest, stomach, legs and head. This state-of-the-art monitoring equipment allows for faster results and evaluation.

Excelsa Health offers sleep studies in Greensburg, Latrobe and Mount Pleasant conducted by specially trained respiratory care practitioners. Interpreting the studies are several Excelsa pulmonary physicians who are certified by the American Board of Sleep Medicine.

To learn more about Excelsa Health Advanced Sleep Center, visit [excelsahealth.org](http://excelsahealth.org) or call 1-877-771-1234. To learn more about the snoring contest, visit <http://starpittsburgh.cbslocal.com/>