

The prognosis: sweet dreams ahead

Sleep Disorders Center treats everything from snoring to sleepwalking.

Sleep walking. Snoring. Narcolepsy. Sleep apnea.

A lot can go wrong during what should be a good night's sleep — but at Orange's St. Joseph Hospital, the staff of the Sleep Disorders Center can help right those wrongs.

Accredited by the American Academy of Sleep medicine, the Sleep Disorders Center has diagnosed and treated more than 6,000 patients since it opened in 1990.

It has grown steadily over the years, said center manager Brian Phipps. "Sleep apnea wasn't as widely treated in the early '90s as it is today," he said.

As the medical community learns more about sleep and sleep disorders, understanding grows about the ways sleep problems can overlap with other disorders, including hypertension and heart problems.

"There are lots of overlapping medical conditions," said Phipps.

The problems may be complex, but the process of going through a sleep study is straightforward. In fact, Phipps noted, many patients referred to the sleep center don't even need to participate in a sleep study.

A consultation with one of the center's three staff physicians may be enough for the physician to understand the issues underlying the patient's sleep trouble, and to provide sleep hygiene tips or other medical advice to resolve the issue.

For other patients, a consultation is preliminary to a sleep study. The Sleep Disorders Center has four sleep study



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rooms that resemble comfortable hotel rooms — queen-size beds, a television, a small desk. Patients are encouraged to maintain their usual bedtime routine —

with one important difference: for the sleep study, they are connected to monitors that track their brain waves, muscle tone, eye movements, heart rate, breathing patterns and body movements.

The day after the night patients spend at the center, one of the staff clinical polysomnographers takes all the documentation the monitors gathered during the night and puts it together so one of the doctors can interpret the data, and the patient can learn what is the root of his sleep trouble.

The Sleep Disorders Center is booked about seven weeks in advance, though emergency slots are available for patients whose sleep disorders are causing particularly serious health problems.

"We are definitely the busiest lab in Orange County," said Phipps.

For more information about the Sleep Disorders Center, go to www.sjhsleepcenter.com or call 714-771-8950.

WHO KNOWS ABOUT QUIEN SABE?

Barbara Resnick remembers her mother elegantly draped in fur, her father in

dashing formalwear, kissing her goodnight before heading out on the town.

Where were they going?

Who knows?

The Quien Sabe Club ("quien sabe" is Spanish for "who knows") was one of Orange's active social clubs in the early part of the 20th century, and Resnick's parents were among its enthusiastic members. Small wonder. Quien Sabe offered an opportunity to dress up, sip cocktails, and dance to live music.

Established around 1918, the Quien Sabe Club boasted a membership list of the most prominent couples in town. In its early days, it met at the Orange Woman's Club, but it later moved to the Santa Ana Country Club. Quien Sabe hosted six dances a year.

This lively organization is the topic of the Orange Community Historical Society's next general meeting. Resnick, Ralph Shannon, Phyllis Talmage, Nell Genovese Tanberg, Ron Sands and Pat Benson Elliott are some of the former club members who will share their memories of Quien Sabe.

If you are a former member of Quien Sabe and would like to participate in the program, call Barbara Resnick at 714-943-3515.

The Orange Community Historical Society's General Meeting, featuring memories of the Quien Sabe Club, will be held 7 p.m. Sept. 28 at Trinity Episcopal Church, 2400 N. Canal St. in Orange.

For more information about the Orange Community Historical Society, go to www.historicorange.org.

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