

SHELBYVILLE TIMES-GAZETTE

BUSINESS

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T-G Photo by Kent Flanagan

Dr. Prakash Patel shows one of the sleep test bedrooms at the new Shelbyville Sleep Center that is used to test for sleep disorders, such as sleep apnea.

Benchmark Physical Therapy doors now open in Shelbyville

T-G STAFF REPORT

BenchMark Physical Therapy has announced that it has opened a new location in Shelbyville at 1878 N. Main St., in partnership with Rebekah Cochran, PT, DPT, who serves as Clinic Director.

Cochran is a graduate of Shelbyville Central High School. She received her Doctorate of Physical Therapy in 2006 and has expertise in the areas of

been missing was finding the right person to partner with us. We believe we have found that person in Rebekah and BenchMark is excited to finally be in Shelbyville," said W. David Van Eaton, regional director with BenchMark Physical Therapy. "Rebekah is a great clinician and a solid person who is passionate about serving the community of Shelbyville."

Physical and occupa-



Cochran

Shelbyville Sleep Center open for sleep disorders

By **KENT FLANAGAN**
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Do you or someone else in your home have a history of snoring, gasping or snorting during sleep?

Those are just three telltale indications that a person may be suffering from sleep apnea.

Sleep apnea is a temporary suspension of breathing occurring repeatedly during sleep. Apnea often affects overweight people or those having an obstruction in the breathing tract, an abnormally small throat opening, or a neurological disorder.

Other possible indicators include waking up with a headache, sleep deprivation, shortness of temper or crankiness.

Sleep disorders, including sleep apnea, are a specialty of Dr. Prakash Patel, who has opened an office and sleep test center in Shelbyville.

Dr. Patel is board certified in pulmonary, critical care and sleep medicine. He has been affiliated with Smyrna Pulmonary and Sleep Associates, PLLC since 2006. A second office and sleep test center was opened in Murfreesboro three years ago. He has staff privileges at Stonecrest Medical Center in Smyrna, Heritage Medical Center in Shelbyville and Centennial Medical Center in Nashville.

The Shelbyville Sleep Center, the third location for Smyrna Pulmonary and Sleep Associates, began seeing patients in mid-August.

Patients coming in for sleep studies are

asked to maintain their regular routine as much as possible and arrive at the sleep center between 7:30 and 8:30 p.m. Patients are advised to bring their own pillows, sleepwear, something to read and anything else that will help them sleep well.

After arrival at the center, patients complete any paperwork, get comfortable with the hotel-like surroundings of the "bedroom," and then a technician comes in to attach many sensors to the patient's body before lights out around 10 or 10:30 p.m.

The sensors monitor heart rate, breathing, oxygen level and other functions throughout most of the night. A microphone and low-light video camera also record breathing sounds and body movements. Sleep center technicians are on duty throughout the test period.

For patients who work at night, arrangements can be made for testing during the day at the Murfreesboro Sleep Center.

After about six hours of recording patients are free to leave in the morning, usually 6:30 to 7 a.m., according to Patel.

The test data also can reveal other sleep problems, such as restless leg syndrome or rapid eye movement sleep disorder, Patel said.

Once the test information is reviewed, the sleep center will contact the patient for a consultation.

The Shelbyville Sleep Center is located in the Main Street Professional Plaza, 635 N. Main, Suite F. Call (931) 536-4149 for appointments or more information.