

# “I do my best cooking after a good night’s sleep.”

– Jeff Lynn



For the past seven years, Jeff Lynn has been the head chef at Georgetown Community Hospital. So when Jeff started having trouble getting a good night’s sleep, he decided to get some help just down the hall from where he works. He went to The Sleep Disorders Center at Georgetown Community Hospital.

“I wasn’t getting much sleep at all,” explains Jeff. “I would wake up all during the night and be groggy all during the day. It got to the point where I was falling asleep on a break at work. So I went to see Dr. Ronald Shashy, a specialist in sleep medicine.”

With Jeff spending the night in the hospital’s state-of-the-art sleep lab, Dr. Shashy conducted a polysomnogram, a diagnostic test used to verify

and identify sleep disorders. Sleep problems such as snoring can cause serious medical conditions. In fact, lack of sleep contributes to a multitude of health problems, from diabetes and heart disease to hypertension and depression.

The diagnosis? Mild sleep apnea, which Dr. Shashy treated with medications. Since then Jeff has been sleeping soundly, and his work as a chef has never been better.

“We have people who come up to eat here all the time because they really like the food,” says Jeff. “In fact, there’s one couple who comes every day. We always have a big crowd when we have turkey and dressing or roast beef on the menu. Come on down sometime and give our food a try.”

