

# Getting Help for Sleep Disorders

## Start with your doctor

The best source of information regarding sleep and sleep disorders is your doctor. Discuss your sleep concerns during one of your scheduled visits, or make a special appointment specifically to discuss what is going on. Once you've presented your problem, your doctor will be able to give you a better understanding of your experiences and may recommend treatment or evaluation.

## Sleep Specialists

Most communities have a variety of medical specialists, including sleep specialists who provide evaluation and treatment services to patients. When considering a sleep specialist, it is advisable to search for those who are Board Certified in Sleep Medicine. These individuals have had extensive training and have passed an examination that qualifies them for this title.

## Sleep Centers

There are thousands of diagnostic and treatment centers that specialize in the evaluation and treatment of sleep disorders. These disorders specialize in office evaluations as well as "sleep laboratory" testing for sleep disorders. The procedures commonly used at these centers are:

**Nocturnal Polysomnography (NPSG):** Overnight sleep testing conducted in a private room, in which sleep, breathing, movement, heart, and oxygen levels are monitored. Sometimes this is done with nasal CPAP added for people with sleep apnea.

**Multiple Sleep Latency Test (MSLT):** Daytime nap testing to diagnose certain sleep disorders and determine one's level of daytime sleepiness.

**Maintenance of Wakefulness Test (MWT):** Daytime challenge testing to determine if a person is able to sustain wakefulness during the day.

When searching for a facility, we recommend that you choose a sleep center that is accredited by the American Academy of Sleep Medicine. These centers adhere to industry standards for the delivery of services to patients, and all are staffed by clinicians who are Board Certified in Sleep Medicine.

## Clinilabs Sleep Disorders Institute

Clinilabs Sleep Disorders Institute is a full-service sleep disorders center that specializes in the evaluation and treatment of disorders of sleep and wakefulness in adults and children. The Institute's main facility is accredited by the American Academy of Sleep Medicine, and our offices are affiliated with New York's finest hospitals.

The Institute has locations in Manhattan and Westchester, both of which are staffed by physicians and allied healthcare personnel who are experts in their fields. In fact, Clinilabs Sleep Disorders Institute has one of the Northeast's largest teams of Board Certified doctors in the field, supported by a diverse staff of exceptional nurses, psychologists, technologists, and assistants.

Clinilabs Sleep Disorders Institute is at the leading edge of clinical service, providing standards of care not available at other sleep centers. We also conduct clinical research, having tested many of the World's newest therapies for narcolepsy, insomnia, and restless legs. Dedication to patient care and research are among the reasons why many doctors come to us for advanced training. Perhaps all of this is why we were named a "Center of Excellence" by New York Magazine's issue on the Best Hospitals in New York.

For more information about Clinilabs Sleep Disorders Institute, please visit us at [www.clinilabs.com](http://www.clinilabs.com). For appointments, patient information brochures, or other assistance please call us at 212-994-5100. To participate in research, call 212-994-4567.



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