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FOR IMMEDIATE RELEASE

Sleep HealthCenters Hosts Fourth Annual Future of Clinical Sleep Medicine Forum

Dedham, MA—September 16, 2010—Sleep HealthCenters is hosting the fourth annual *Future of Clinical Sleep Medicine* (FOCSM) on September 23 at the Dedham Hilton.

The recognition of sleep medicine and sleep science as an independent specialty has brought increased scrutiny regarding the impact of treatment of sleep disorders on health outcomes and health care costs. It is estimated that insomnia, obstructive sleep apnea (OSA), narcolepsy, excessive daytime sleepiness, and restless legs syndrome plague an estimated 40 million Americans.

Lawrence Epstein, Chief Medical Officer for Sleep HealthCenters, will lead a group of distinguished sleep clinicians and scientists from medical campuses including Harvard, Case Western and Brigham and Women's Hospital, to discuss how this era of evidence-based medicine, limited resources and healthcare cost containment will affect the practice of clinical sleep medicine and affect healthcare today.

“Third party payers are trying to manage growth by more tightly defining who can provide care and who can undergo testing. Reimbursement for clinic evaluations has been cut and will likely be cut for diagnostic testing as well,” said Epstein. “At the same time, new populations of the ‘at risk’ patient, such as commercial truck drivers, have been identified. FOCSM allows an opportunity for us to discuss these timely topics, trends and opportunities in clinical sleep medicine.”

Stefanos N. Kales, MD, MPH, Medical Director of Employee & Industrial Medicine for Cambridge Health Alliance and Associate Professor at Harvard Medical School will present “The Role of the Occupational Medicine Clinician in Evaluating Sleep and Sleep Disorders”.

Other speakers include Carol Rosen, MD, Medical Director for Pediatric Sleep Services at Rainbow Babies & Children's Hospital, Cleveland, Ohio; Steven Lockley, PhD, Associate Neuroscientist at Brigham and Women's Hospital and Assistant Professor in Medicine at Harvard Medical School; and Amy Aronsky, DO, Medical Director for The Center for Sleep Disorders at St. John Medical Center, Longview, Washington.

Other topics will include Home Sleep Testing, Melatonin: Diagnosis and Treatment of Circadian Rhythm Disorders, and Coding & Reimbursement.

Dr. Lawrence Epstein is the author of "The Harvard Medical School Guide to a Good Night's Sleep". Board certified in Critical Care Medicine, Internal Medicine, Pulmonary Disease, and Sleep Medicine, Dr. Epstein is a past president of the AASM (American Academy of Sleep Medicine) and is currently an instructor in Medicine at Harvard Medical School.

For more information about attending the Future of Clinical Sleep Medicine, please email maria_natapov@sleephealth.com.