



The Sleep HealthCenter at Beth Israel provides a full range of services, including overnight sleep studies (above), to help patients get back on the road to better sleep—and better health.

New Sleep Center Offers Care from A to Zzzz

If you are one of nearly 70 million Americans who suffer from sleep problems, help is just around the corner. In affiliation with Sleep HealthCenters®, a network of specialty sleep medicine centers, Beth Israel recently opened a new sleep medicine clinic providing comprehensive services for the diagnosis and treatment of sleep disorders.

“The complaints we hear most often are of excessive daytime sleepiness, inability to sleep at night and snoring,” says **MANGALA NARASIMHAN, DO**, Director of Sleep Medicine at Beth Israel. “Not only do sleep problems affect quality of life, they can be dangerous as well.” Sleep deprivation has been linked to decreased cognitive and memory functions, depression, obesity, high blood pressure, heart disease and stroke, not to mention car accidents.

Beth Israel’s full-service sleep clinic provides medical consultations, sleep studies, a wide range of treatment

options, education and follow-up care for the full array of sleep disorders, including:

- **INSOMNIA**—Trouble falling or staying asleep or waking up too early;
- **SLEEP APNEA**—Temporary interruptions in breathing during sleep;
- **RESTLESS LEGS SYNDROME**—Discomfort or twitching in the legs;
- **NARCOLEPSY**—Excessive daytime sleepiness including sudden sleep attacks.

“Sometimes we can provide treatment the very first time a patient comes in, or we may need to schedule a sleep study to help us determine the underlying problem,” says Dr. Narasimhan.

The clinic’s sleep lab consists of two—eventually to be expanded to six—bedrooms, offering state-of-the-art technology in a comfortable setting. Before going to bed, the patient is outfitted with several sensors and electrodes that will measure a variety of functions during sleep, including brain, heart and muscle activity, eye movement, breathing, snoring and body position. In addition, an infrared camera captures body movements that can provide important clues.

Treatments run the gamut from behavioral therapy to prescription medications to special sleeping equipment. If surgery is appropriate, the clinic can refer patients to one of Beth Israel’s ear, nose and throat specialists.

“We’re very excited to bring these services to the community,” says Dr. Narasimhan, who is board certified in sleep medicine and specializes in pulmonary and critical care medicine. “We can help a lot of people with sleep problems feel much better, and often right away.” ■

WHEN TO SEEK HELP FOR SLEEP PROBLEMS

Most adults require seven to eight hours of sleep each night. According to Mangala Narasimhan, DO, Director of Sleep Medicine at Beth Israel, “You should seek help when sleep problems start affecting your life—if you have difficulty functioning at work or driving, for example, or trouble with relationships, particularly with your bed partner.”

You may have a sleep disorder if you experience one or more of the following symptoms:

- Difficulty falling asleep
- Awakening often, with difficulty returning to sleep
- Snoring loudly or awakening gasping for breath
- Excessive daytime sleepiness or falling asleep at inappropriate times
- Twitching legs at night interfering with sleep
- Walking or talking in your sleep
- Being frequently awakened by nightmares

>>TO SCHEDULE A CONSULTATION AT BETH ISRAEL’S SLEEP CLINIC, PLEASE CALL DR. NARASIMHAN’S OFFICE AT (212) 420-2365 (PRESS 4) OR SLEEP HEALTHCENTERS® TOLL-FREE AT 1-877-753-3742, OR ASK YOUR DOCTOR FOR A REFERRAL.