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FOR IMMEDIATE RELEASE

Sleep HealthCenters Receives AASM Accreditation for Out of Center Sleep Testing

Boston, MA—September 20, 2011 Sleep HealthCenters' National Services Group, a division of Sleep HealthCenters, announces that they have become the first multi-state Out of Center Sleep Testing (OCST) provider in the U.S. to receive accreditation by the American Academy of Sleep Medicine (AASM).

Out of Center Sleep Testing is defined as sleep testing performed in a location other than the sleep center, such as home sleep testing. AASM Accreditation of Out of Center Sleep Testing enables sleep professionals to offer broader options to patients, while demonstrating a commitment to quality diagnostic services. By achieving AASM Accreditation, sleep facilities ensure that patients receive the highest standards of quality care. AASM accreditation is the gold standard by which the medical community and the public evaluate sleep medicine services.

According to the National Sleep Foundation's website, the number of scientific studies showing correlations between poor and insufficient sleep and other diseases is rising. Cardiovascular disease, diabetes and stroke have all been linked to a lack of sleep, poor sleep or sleep disorders. It is estimated that insomnia, obstructive sleep apnea (OSA), narcolepsy, excessive daytime sleepiness and restless legs syndrome plague an estimated 40 million Americans.

With technological advances and the increased demand for lower costs, Home Sleep Testing has become a viable diagnostic methodology through the use of portable monitoring devices. Sleep Specialists can now review sleep data from devices patients can use in the privacy of their own bedrooms without the need and expense of an overnight lab stay, making this a cost-effective option for implementation of sleep wellness programs.

“Sleep HealthCenters’ National Services Group’s proactive sleep programs provide education, screening, diagnosis, treatment and reporting on sleep and sleep disorders,” states Paul S. Valentine, President and Chief Executive Officer of Sleep HealthCenters. “We are able to provide out of center sleep testing and treatment in almost every state by working with a network of accredited sleep centers, currently numbering over 200. Being the first multi-state provider of Out of Center Sleep Testing to receive accreditation reaffirms our leadership and commitment to quality sleep health care.”

Sleep HealthCenters’ National Services Group provides sleep medicine services to regional and national health providers, employers and insurance carriers. Each year, more and more companies are implementing sleep health assessment, diagnosis and treatment programs to improve the health, performance and safety of their employees. Effective sleep health programs are proven to lower healthcare costs and fatigue-related accidents, which improve employee performance and retention.

Similarly, Sleep HealthCenters’ National Services Group is helping insurance companies lower utilization and administrative costs while improving patient compliance and outcomes. The use of Home Sleep Testing enables providers, companies and insurance providers to identify sleep disorders in a more cost-effective manner, reaching and treating a greater number of those with undiagnosed sleep disorders. In addition, our PAPCenter™ sleep compliance center provides tracking and support customized to the individual, while also offering the ability to measure results confidentially for groups of patients.

Sleep HealthCenters’ specialized sleep labs, clinics and programs provide all the required services needed to screen, diagnose, treat and support patients with sleep disorders. These integrated services enable Sleep HealthCenters to offer patients, employers, referring providers and managed care organizations greater convenience, valuable information and better outcomes.

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