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FOR IMMEDIATE RELEASE

Sleep HealthCenters launches Sleep Education Website

BOSTON, Mass. — April 22, 2009 —With chronic sleep deprivation linked to an increased risk for many health concerns, Sleep HealthCenters recently launched a second website, *Sleep and You* (www.sleepandyou.com), with the goal of raising awareness of the correlation between sleep and overall health.

Sleep and You is designed to help improve and enhance health and quality of life by raising awareness about the importance of sleep. The website provides information on how sleep and sleep disorders can affect you throughout your life, as well as how to get treatment and care for your sleep issues. *Sleep and You* also highlights the connection between sleep and other co-morbid conditions, such as diabetes, stroke, weight management and cardiovascular disease.

“Sleep HealthCenters believes that sleep disorders, sleep deprivation and related issues have a significant impact on the community, business productivity and personal wellbeing,” states Lawrence Epstein, Medical Director for Sleep HealthCenters and author of *The Harvard Medical School Guide to a Good Night's Sleep*. “Therefore, we felt it was important to provide education to those who are interested in learning more about sleep and its impact on life.”

Paul Valentine, Chief Executive Officer of Sleep HealthCenters comments, “We are very excited to provide this resource to our patients and the community. We have tried to make the *Sleep and You* website as user-friendly as possible and welcome feedback from visitors. We look forward to sharing it with our partners, referring providers, and other interested parties.”

Sleep HealthCenters is a recognized network of specialized sleep medicine centers accredited by the American Academy of Sleep Medicine (AASM) and staffed by board-certified sleep specialists. Sleep HealthCenters provides a comprehensive care solution for the diagnosis and treatment of sleep disorders. At a single site, patients receive specialized physician evaluation and consultation, diagnostic testing, initiation of treatment including positive airway pressure devices, oral appliances, pharmacological and behavioral treatments, as well as long-term follow-up care.

For more information on Sleep HealthCenters, visit our corporate website at www.sleephealth.com.

| www.sleephealth.com | telephone: 1.877.SLEEPHC | fax: 781.271.0601 |

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