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Sleep HealthCenters Opens New Clinic in Brighton for Diagnosis and Treatment of Sleep Disorders; New Clinic Associated with Brigham & Women's Hospital

BRIGHTON, Mass.--(BUSINESS WIRE)--Aug. 14, 2006--Sleep HealthCenters[®], a network of specialized sleep medicine centers and the largest provider of such services in Massachusetts, has announced the opening of its Brighton Sleep HealthCenter associated with Brigham & Women's Hospital. The new clinic offers a full range of physician-directed diagnostic and treatment services for those suspected of having sleep disorders. It is located at 1505 Commonwealth Avenue, Brighton.

Sleep HealthCenters added the Brighton clinic to better serve the growing number of people in the Boston area with sleep disorders such as insomnia, obstructive sleep apnea (OSA), excessive daytime sleepiness, narcolepsy, restless legs syndrome and more. Parking is available on site.

The Brighton clinic is staffed by experts certified in the field of sleep medicine, headed by Medical Director Dr. John Winkelman, who is an Associate Physician at Brigham & Women's Hospital. Dr. Winkelman commented, "The number of people in the Boston area whose lives are impacted by issues related to sleep and who recognize that they may have a sleep disorder is rising. Sleep HealthCenters has opened the Brighton clinic so these individuals will have a place close to home where they can identify their sleep problem, and receive treatment so that it no longer presents health or lifestyle issues for them."

Services offered at the new clinic include physician consults, set ups for special equipment for OSA patients, such as PAP (Positive Airway Pressure) devices, patient monitoring and education, and full follow-up. Sleep HealthCenters maintains close contact with a patient's own referring physician throughout the entire process, providing reports on a regular basis. Services are covered by most medical insurance plans.

Dr. Lawrence J. Epstein, Sleep HealthCenters' Medical Director, said, "We're proud to be in the forefront of sleep medicine in Massachusetts, and to be able to serve a greater number of patients as we open new clinics in their communities. The local clinics, such as our new clinic in Brighton, are great resources and are convenient for patients. We urge anyone who thinks they have a sleep disorder to come see one of our sleep specialists. If not diagnosed and treated, sleep disorders put individuals at risk for other health problems."

It is estimated that at least 40 million Americans suffer from chronic sleep disorders or intermittent sleep-related problems. Sleep deprivation is an unhealthy, dangerous and costly problem, contributing to obesity, diabetes and other health problems. And studies have been published associating OSA with an increased risk for high blood pressure, heart disease, and strokes.

Paul S. Valentine, Sleep HealthCenters President and Chief Executive Officer, said, "Sleep HealthCenters continues to expand by adding Sleep HealthCenters throughout the state and by establishing new affiliations with respected medical facilities and the finest hospitals in Massachusetts. Our goal is to provide access to the highest quality and most comprehensive sleep diagnostic and treatment services to all those who need it in our communities."

Sleep HealthCenters is also affiliated with Beth Israel Deaconess Medical Center, Faulkner Hospital, Hallmark Health, McLean Hospital, New England Sinai Hospital and Rehabilitation Center, Chadwick Medical Associates, and UMass Memorial Medical Group. To inquire about services at the new Brighton Sleep HealthCenter, or at any of the other clinics located throughout

Massachusetts, call 877-SLEEPHC (877-753-3742). To learn more about Sleep HealthCenters, visit www.sleephealth.com.

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