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## The Sleep HealthCenter at Brigham and Women's/Faulkner Hospitals Doubles in Size to Meet Demand for Sleep Study Services

### Neurological Sleep Disorders is Specialty of Jamaica Plain Center

JAMAICA PLAIN, Mass.--(BUSINESS WIRE)--Dec. 7, 2005--Sleep HealthCenters®, a network of sleep medicine centers and the largest provider of such services in Massachusetts, announced that it has expanded its facility located at Brigham and Women's/Faulkner Hospitals in Jamaica Plain, doubling its capacity. The combined medical and neurological sleep program at the Faulkner Hospital is run jointly by Sleep HealthCenters and the Neurology Department of Brigham and Women's/Faulkner Hospitals. It specializes in diagnosing and treating neurological sleep disorders, including nocturnal seizure disorders, and features a laboratory with state-of-the-art seizure detection equipment.

Patients can also be evaluated at the Faulkner Sleep HealthCenter for more common sleep disorders, such as obstructive sleep apnea (OSA), insomnia, narcolepsy and restless legs syndrome.

Dr. David White, Medical Director of the facility, commented, "We're pleased that our increased capacity allows us to help more Boston-area residents with their sleep problems, especially those suffering with nighttime seizures, and offer them much shorter wait times. Our sleep specialists are equipped to assess neurological sleep disorders and offer patients treatment with a focused therapeutic approach."

Sleep HealthCenters President and CEO Paul Valentine, said, "The increased awareness of sleep disorders among patients and providers has led to an increased overall demand for sleep diagnosis and treatment services. Sleep HealthCenters is responding to this demand not only by increasing the number of beds at centers like our Faulkner Hospital facility, but also by adding new centers, such as the one we recently opened in Beverly, to better serve all eastern Massachusetts communities. As the need for sleep diagnostic and treatment services continues to grow, we are identifying other localities that can benefit from having a Sleep HealthCenter nearby."

According to the National Commission on Sleep Disorders, as reported by the National Sleep Foundation, almost 70 million people in the U.S. are affected by a sleep problem, with about 40 million suffering from a chronic sleep disorder. Included in this group is an estimated 4 percent of all men and 2 percent of all women who suffer from OSA. The majority of these sleep disorders remain undiagnosed and untreated. Less severe sleep problems - such as trouble falling asleep at night or waking up too early in the morning - are experienced by one in three American adults.

The expanded Sleep HealthCenters facility has an easily-accessible location within the Faulkner Hospital, and features hotel-like bedrooms which offer patients privacy, a noise-free environment, and the opportunity to get the best sleep possible while being tested.

Sleep HealthCenters offers comprehensive sleep medicine services, from diagnosis to treatment to follow-up. A Multidisciplinary medical and clinical staff, all sleep specialists, provide evidence-based care focused on achieving improved clinical outcomes and enhancing patient satisfaction. 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.

The Sleep HealthCenter at Faulkner Hospital is located at 1153 Centre Street, 5th Floor, Jamaica Plain, MA. Sleep HealthCenters has other locations throughout eastern Massachusetts and is

also affiliated with the Brigham & Women's Hospital, Beth Israel Deaconess Medical Center, McLean Hospital, and Hallmark Health. To inquire about services at the Faulkner Sleep HealthCenter, call 781-271-0588 or 877-SLEEPHC. To learn more about Sleep HealthCenters, visit [www.sleephealth.com](http://www.sleephealth.com).

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