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## Health News for the week of Feb. 22

Thursday, February 22, 2007 - Updated: 03:24 PM EST

### Malden Sleep HealthCenter moves to Medford

Sleep HealthCenters, a network of specialized sleep medicine centers and the largest provider of such services in Massachusetts, has announced that a new clinic and sleep diagnostics lab has opened in Medford. The opening of the latest Sleep HealthCenter is in response to the growing demand for sleep-related diagnostics and treatment, and the result of increased awareness about sleep problems and the desire to treat them before they lead to other health issues. It is estimated that 40 million Americans have sleep disorders.

The 5,800 square foot Medford Sleep HealthCenter is located at 200 Boston Ave., Suite 3000. It provides a full range of services for patients with such sleep disorders as insomnia, obstructive sleep apnea (OSA), narcolepsy, excessive daytime sleepiness, and restless legs syndrome. This new center, also affiliated with Hallmark Health, replaces the Malden Sleep HealthCenter, which in 2006 had 6,000 patient visits.

Services include physician evaluations, overnight sleep studies using state-of-the art medical technology, and provision of complete follow-up services and equipment. This includes patient counseling and education, prescriptions, and special set-ups for OSA patients, such as CPAP (Continuous Positive Airway Pressure) devices. The facility

features individual consultation rooms and six bedrooms where sleep studies are conducted. Each bedroom has a comfortable, full-size bed, a television and a private bathroom.

"We're very pleased that our new facility enables us to offer many sleep diagnostic and treatment options to those in Medford, Malden, and the surrounding area," Dr. Kelly A. Carden, medical director of the new center, said.

Dr. Lawrence J. Epstein, Sleep HealthCenters' Medical Director, said the center encourages "anyone who thinks they may have a sleep disorder" to visit the new Medford center for an assessment.

"We now know that other serious, and even life-threatening, problems can result when sleep disorders are left untreated," Epstein said. "These include hypertension, stroke, and automobile accidents. We're here to help individuals not only solve their sleep issues, but also to help them avoid these related problems."

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. Sleep HealthCenters has nine other locations throughout eastern Massachusetts and one in New York, and is affiliated with the Brigham & Women's Hospital, Beth Israel Deaconess Medical Center, Faulkner Hospital, Hallmark Health, McLean Hospital, New England Sinai Hospital, Chadwick Medical Associates, UMass Memorial Medical Group, and Beth Israel Medical Center in New York.

To inquire about services at the Medford Sleep HealthCenter, call 877-SLEEPHC (877-753-3742). To learn more about Sleep HealthCenters, visit [www.sleephealth.com](http://www.sleephealth.com).