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## **Sleep HealthCenters Announces Opening of New Sleep Medicine Center in Stoughton in Conjunction with New England Sinai Hospital and Rehabilitation Center**

STOUGHTON, Mass.--(BUSINESS WIRE)--Aug. 28, 2006--

Center Offers Full Range of Diagnostic and Treatment Services for Those With Sleep Disorders

Sleep HealthCenters<sup>®</sup>, a network of specialized sleep medicine centers and the largest provider of such services in Massachusetts, has announced the opening of its tenth sleep medicine center in the state, located in Stoughton. The new Sleep HealthCenter affiliated with New England Sinai Hospital and Rehabilitation Center (Sinai) will provide patients with comprehensive services for the diagnosis and treatment of sleep disorders. It is located at 150 York Street, Stoughton.

The Medical Director of the new Stoughton Sleep HealthCenter is Dr. Alexander White, who is Board certified in Sleep Medicine and also the Chief of Pulmonary Medicine at Sinai. He said, "The timely diagnosis and effective treatment of sleep disorders can significantly improve the quality of life of our patients. The affiliation we have forged with Sleep HealthCenters extends the pulmonary expertise of New England Sinai Hospital into the area of sleep medicine."

The Stoughton Sleep HealthCenter offers medical consultations, sleep studies, treatment options, including such devices as CPAP (Continuous Positive Airway Pressure), education and follow-up care. It addresses sleep disorders such as insomnia, obstructive sleep apnea (OSA), excessive daytime sleepiness, narcolepsy, restless legs syndrome and more. Contact with a patient's own referring physician is maintained throughout the process, and services are covered by most insurance plans. Parking is available on site.

The facility's bedrooms are designed like hotel rooms, offering patients privacy in a noise-free environment with a private bath, full-size bed, and a TV. In the morning following sleep studies, patients are offered a continental breakfast before going on their way.

Dr. Lawrence J. Epstein, Sleep HealthCenters' Medical Director, said, "We are very glad that we have been able to expand our clinic and lab space south of Boston, and are especially pleased to welcome New England Sinai Hospital and Rehabilitation Center as a partner in improving sleep health. By establishing local access to diagnosis and treatment in the Stoughton area, making it very convenient for patients, we're hoping that more individuals will take the steps necessary to address their sleep problems and safeguard their health."

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. 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, "We very much look forward to working with Sinai and Dr. White to bring comprehensive care for sleep disordered patients into Stoughton and the surrounding areas. We are thrilled to share the combined expertise of Sinai and Sleep HealthCenters with the local community. We believe that locally-delivered quality care is a necessary requirement in healthcare today. Sleep HealthCenters is committed to remaining in the forefront of sleep medicine with continued involvement in clinical, academic, research, and development activities."

In addition to Sinai, Sleep HealthCenters is affiliated with Brigham and Women's Hospital, Beth Israel Deaconess Medical Center, Faulkner Hospital, Hallmark Health, McLean Hospital, Chadwick Medical Associates, and UMass Memorial Medical Group. To inquire about services at

the new Stoughton 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](http://www.sleephealth.com).

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