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Sleep HealthCenters Opens New Sleep Medicine Center in Weymouth

WEYMOUTH, Mass.--(BUSINESS WIRE)--Nov. 10, 2004--

Specializes in Diagnosis and Treatment of Sleep Disorders including Insomnia, Obstructive Sleep Apnea, Excessive Daytime Sleepiness, and Restless Legs Syndrome

Sleep HealthCenters®, a network of specialized sleep medicine centers and the largest provider of such services in Massachusetts, has announced it has opened a new sleep medicine center in South Weymouth at 541 Main Street. The center offers diagnosis and treatment of a wide variety of sleep disorders, including insomnia, obstructive sleep apnea (OSA), excessive daytime sleepiness, and restless legs syndrome. The new Sleep HealthCenter® is staffed by experts in the field of sleep medicine, and is headed by Medical Director Roger S. Smith, D.O., who trained at Stanford University and is board certified in Sleep Medicine.

The new center offers comprehensive sleep medicine services, from diagnosis to treatment to follow-up. The multidisciplinary medical and clinical staff, all sleep specialists, provides 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 Weymouth facility's six comfortable carpeted bedrooms are designed like hotel rooms, offering patients privacy, a noise-free environment, and the opportunity to get the best sleep possible while being tested. Each room has a private bath, a full-size bed, a TV, and soft lighting. In the morning following sleep studies, patients are served a continental breakfast before going on their way.

One of Weymouth's first patients, Samuel Manian of Hingham, was referred to Sleep HealthCenters by his physician. Manian consulted his doctor after his wife became alarmed by his irregular breathing and occasional gasping during the night. Said Manian of the sleep study experience, "Having the sleep study done at the Weymouth facility was very convenient for me. It was a pleasant atmosphere, and comfortable. I even watched TV in my room for a while. The staff was very courteous and professional. It wasn't a stressful situation at all." Manian had a follow-up appointment with a respiratory therapist to discuss, review and demonstrate devices that will alleviate his nighttime symptoms.

Paul S. Valentine, President and CEO of Sleep HealthCenters, said, "We're very pleased that we can now offer our comprehensive services in a more convenient location for South Shore patients with sleep problems. With the latest diagnostic technology and treatment options, plus the highest

level of comfort and care available, we're looking forward to helping more and more people improve their health and get a good night's sleep."

"Many people are unaware that they have a sleep disorder," said Dr. Roger S. Smith, Director of the Weymouth Sleep HealthCenter. "Symptoms such as sleepiness or fatigue during the day, snoring, leg twitches or restlessness, and difficulty falling asleep or staying asleep may be signs of a sleep disorder. Although these sleep problems often reduce quality of life and increase health risks, the good news is that many sleep problems are treatable. This is why we urge patients who have these symptoms to contact their physician or Sleep HealthCenters for a professional evaluation."

All patients are tested using state-of-the-art diagnostic equipment, and have access to the Sleep HealthCenter's medical clinic as well as the CPAP (Continuous Positive Airway Pressure) clinic. Treatments include prescription of medications, provision of special equipment, and behavioral therapies, such as relaxation techniques. All patients receive personalized treatment and follow-up support.

The Sleep HealthCenter in Weymouth is located at 541 Main Street, Suite 318. Sleep HealthCenters has other locations throughout eastern Massachusetts and is affiliated with the Brigham & Women's Hospital, Beth Israel Deaconess Medical Center, McLean Hospital, Faulkner Hospital, and Hallmark Health. To inquire about services at the Weymouth Sleep HealthCenter, call 781-271-0588. To learn more about Sleep HealthCenters, visit www.sleephealth.com.

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