

UHEALTH SLEEP PROGRAM



UNIVERSITY OF MIAMI
MILLER SCHOOL
of MEDICINE

www.uhealthsleep.com



The UHealth Sleep Program is quickly becoming one of the most comprehensive sleep medicine programs in South Florida.

■ *As a growing multidisciplinary sleep program with “best practice” sleep laboratory(s) and clinical services, our program has the advantage of providing professionally trained sleep physicians from a variety of clinical specialties and certified technologists who offer both superior patient care and perform cutting edge research.*

■ *The UHealth Sleep Center, which is accredited by the American Academy of Sleep Medicine, strives to increase awareness of sleep disorders in public and professional communities. Sleep disorders are diagnosed and treated by many different healthcare professionals, including general practitioners and specialist in neurology; pulmonary medicine; pediatrics; ear, nose and throat; psychiatry; bariatric medicine; psychology and other specialties.*

■ *Healthy sleep is important for renewing physical and mental well-being. Lifestyle and dietary habits may contribute to sleeplessness, but it is important to consult with a certified sleep physician to rule out any medical conditions that may prevent one from attaining regular healthy sleep patterns.*

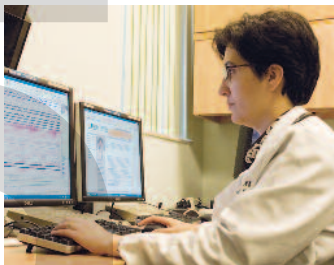
■ *According to the National Institute of Health, at least 70 million Americans of all ages suffer from a sleep problem, with nearly 60 percent having a chronic disorder.*



Clinical Programs:

Adult Sleep Medicine:

Adult Sleep Clinics: The Adult sleep medicine clinics at the University of Miami are staffed by board-certified physicians in sleep medicine, pulmonary, psychology, psychiatry and neurology. Our specialists treat a wide range of sleep disorders, including sleep apnea, narcolepsy, insomnia, restless leg syndrome/periodic limb movement disorder and circadian rhythm abnormalities. Our CPAP, BPAP, AdaptSV clinic is staffed by respiratory therapists that assist patients with the initiation and troubleshooting of positive airway pressure equipment use for the treatment of sleep apnea. We partner with our ENT colleagues in otolaryngology and oral maxillofacial surgery to offer patients surgical options for the treatment of sleep apnea.



Pediatric Sleep Medicine:



Pediatric Sleep Clinic: The University of Miami Pediatric Sleep Medicine Clinic offers the evaluation and treatment of sleep disorders for infants, children and adolescents. This clinic and associated

laboratories are staffed by an interdisciplinary team of board-certified pediatric pulmonary physician and sleep specialist, fellows, respiratory therapists, and registered polysomnographic technologists with experience in pediatric sleep recording for sleep disorders and for therapeutic interventions, including CPAP and BiPAP. Pulmonary diagnostic testing facilities are also available to help in the assessment of children with lung disorders complicated by sleep abnormalities.

Sleep Center Pediatric Diagnostic Services:

The UHealth Sleep Center @ NPF is an accredited seven-bed diagnostic testing facility located at the University of Miami Medical Campus at the Civic Center, where sleep studies are conducted on an outpatient basis. Parents of children and adolescents having sleep studies are accommodated with a sleeper recliner in the testing bedroom where their children are having testing. Infants are recorded in a crib with the parent sleeping on the bed or in the recliner in the same room.

Other Sleep Clinic Services

- Behavioral Sleep Medicine
- ENT Clinic Services
- CPAP Compliance Clinic Services

Symptoms and Diagnosis

Sleep disorders are conditions that effect sleep and daytime alertness. Insomnia is the most common sleep complaint among Americans. It can be either acute, lasting one to several nights, or chronic, even lasting months to years. Sleep Apnea, narcolepsy, periodic limb movements are abnormal behaviors during sleep. There are at least 84 documented disorders of sleeping and waking that can lead to lowered quality of life and health. **These disorders range from:**

- Loud snoring, night coughing
- Daytime sleepiness
- Problems falling asleep
- Difficulties staying awake or staying with a regular sleep/wake cycle
- Falling asleep or loss of muscle control at inappropriate times
- Unrefreshing sleep
- Periodic limb movements during sleep
- Abnormal breathing patterns in sleep



- Unusual sleep behaviors such as seizures, sleepwalking
- Personality or intellectual changes due to lack of sleep
- Nightmares

■ If you think you may have a sleep disorder, complete the questionnaire located on the back of this brochure or go to our website and take our on line SleepAware survey.

As recognized by the American Heart Association, sleep experts warn that untreated obstructive sleep apnea is a risk factor for heart disease, which is the leading cause of death in the United States.

Regular health screenings should evaluate your risk for sleep apnea. The AASM reports that 80 to 90 percent of people with sleep apnea are unaware that they have the disorder.



■ **The primary risk factor for sleep apnea is excess body weight. This risk is highest for people who are obese. Key warning signs for sleep apnea include:**

- Loud and frequent snoring
- Choking or snorting sounds during sleep
- Pauses in breathing during sleep
- Daytime sleepiness
- High blood pressure
- Unexplained weight gain

The most common and effective treatment for sleep apnea is continuous positive airway pressure therapy. CPAP provides a steady stream of air through a mask that you wear during sleep. The airflow keeps your airway open to prevent pauses in breathing. This restores normal oxygen levels. Research shows that treating sleep apnea with CPAP can reduce your risk of heart disease.

■ **UHealth Sleep Center:**

Unlike a typical hospital setting, the seven (7) sleep rooms at the **UHealth Sleep Center-NPF** are attractive, comfortable individual private bedrooms with queen-size beds. The sleep suites have a private bathroom, thermostat and cable television. Sleep studies are performed 7 nights/days of the week for patient convenience. Down the hall is the tech room which has the monitoring equipment where our professional staff can observe the patient's



condition. Patients sleep undisturbed in their bedroom with various recording devices attached to their body. Rooms are equipped with intercom systems so that patient - technologist communication can be maintained as needed for comfort. In addition, nightly sleep testing is also performed at the **UHealth Sleep Center-Kendall @ the Hotel Indigo** to accommodate our patients living in southwest Miami.



■ Test Results

Test results are typically sent to the patient's physician(s) within a week. Patients should plan on a follow-up appointment with their physician to discuss the results and recommended treatment plan. Sometimes an additional study will be suggested following treatment.

■ Insurance Coverage

UHealth Sleep Center services are covered under outpatient diagnostic testing allowances by Medicare and most insurance policies. The center staff will assist the physician office or patient to determine what services are covered and any co-pay that may apply.

■ Medicare and Most Insurance Companies support reimbursement for the following diagnoses:

- Obstructive Sleep Apnea
- Narcolepsy
- Parasomnia or abnormal behaviors during sleep
- CPAP Compliance follow up visits

The UHealth Sleep Center is an Accredited Member of the American Academy of Sleep Medicine (AASM) which provides the gold standard for centers that exceed industry standards for the evaluation and treatment of sleep disorders. We treat individuals of all ages who suffer from sleep conditions which impact their quality of life all hours of the day or night.

■ How to find Us

Directions:

■ **From I-95, points north:** Exit I-95 at SR 836 West, exit number 3-A. Exit SR 836 at NW 14th St. NW 14th St. East to NW 9 Ave (Bob Hope Road). Bob Hope Road North/East to NW 15th St. National Parkinson Foundation is on the corner of Bob Hope Road and NW 15th St.

■ **From I-95, points south and east:** Exit I-95 at SR 836 West. Exit SR 836 at NW 12th Ave. and turn right onto NW 12th Ave. Be sure to change into the right-hand lane. NW 14th St. East to NW 9 Ave (Bob Hope Road). Bob Hope Road North/East to NW 15th St. National Parkinson Foundation is on the corner of Bob Hope Road and NW 15th St.

■ **From SR 836, the Airport, and points west:** Take SR 836 East and exit at NW 17th Ave., North. Take the Hospitals and Civic Center Exit, which is at the toll booth. Turn right at the stop sign. Continue 3 blocks and turn left on NW 7th St.. Follow NW 7th St.. to NW 12th Ave. (major intersection) and turn left. Go over the 12th Ave. bridge and under the 836 expressway. At the next light, you will be at the corner of 12th Ave. and NW 14th St. NW 14th St. East to NW 9 Ave (Bob Hope Road). Bob Hope Road North/East to NW 15th St. National Parkinson Foundation is on the corner of Bob Hope Road and NW 15th St.

■ **UHealth Sleep Program**
National Parkinson Building
1501 NW 9th Avenue, 2nd floor
Miami, FL 33136



■ **Additional USleep Locations:**



**Hotel INDIGO located at South Kendall Dr.
& the Palmetto Expressway**
7600 North Kendall Drive, Miami, Florida
Includes complimentary continental breakfast

UHealth Sleep at Kendall
8932 SW 97th Avenue
Miami, FL 33176

UHealth Sleep at Boca
3848 FAU Boulevard
Boca Raton, FL 33431

Below is the program contact information. For Questions, to Locate a Certified UHealth Sleep Physician or to Make an Appointment for a Professional Sleep Consultation:

Elizabeth Primus or Maria Chavez

UHealth Sleep Program
Miller School of Medicine
University of Miami
Department of Neurology
(305) 243-5195 or (305) 243-5176 (office)
(305) 243-5304 (fax)

John D. Robitaille – Program Administrator

Guido G. Arguello, RPSGT – Chief Technologist

Dr. Alexandre Abreu – Co-Director Pulmonary,
Critical Care and Sleep
Medicine

Dr. Jaime Avecillas – Pulmonary, Critical Care and
Sleep Medicine

Dr. Salim Dib – Neurology and Sleep Medicine

Dr. Dalia Lorenzo – Sleep Fellowship Program Director

Dr. Kenneth Nissim – ENT and Sleep Medicine

Dr. Bruce Nolan – Neurology and USleep Center
Medical Director

Dr. Alberto Ramos – Co-Director Neurology and
Sleep Medicine

Dr. Jose Ruiz – ENT and Sleep Medicine

Dr. Shirin Shafazand – Pulmonary, Critical Care and
Sleep Medicine

Dr. Shabriar Shabzeidi – Pediatrics and Sleep Medicine

William Woblgemuth, PhD – Behavioral Sleep Medicine

The UHealth Sleep Program is part of UHealth-University of Miami Health System. A vital component of the South Florida community, UHealth is powered by the energy and passion of the University of Miami Miller School of Medicine's groundbreaking research and medical education. UHealth provides live-saving care through a comprehensive network of six hospitals, two dozen outpatient facilities, 1,200 doctors, and 8,000 associates.



■ Sleep Disorder Risk Questionnaire

Questions to ask yourself:

1. Do I fall asleep at unusual times?
 Yes No
2. Do I wake up with headaches?
 Yes No
3. Has my collar size increased?
 Yes No
4. Do I wake up with a sore throat?
 Yes No
5. Do I fight sleep while driving?
 Yes No
6. Do I wake up gasping?
 Yes No
7. Do I wake up as tired as when I went to bed?
 Yes No

Questions to ask your spouse:

8. Do I snore?
 Yes No
9. Am I a restless sleeper?
 Yes No
10. Do I stop breathing while I sleep?
 Yes No
11. Do I seem tired all of the time?
 Yes No

If you answered YES to three or more of these questions, you may have some degree of sleep apnea or another sleep disorder. We encourage you to call for sleep consultation:

■ Useful links

- *Sleep education:*
www.sleepeducation.com
- *The American Academy of Sleep Medicine Website:*
www.aasmnet.org
- *The restless legs syndrome foundation:*
www.rls.org
- *The National Sleep Foundation:*
www.sleepfoundation.org
- *American Insomnia association:*
www.americaninsomniaassociation.org
- *American sleep apnea association:*
www.sleepapnea.org
- *Narcolepsy Network:*
www.narcolepsynetwork.org

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