

Insurance Coverage:

Most types of insurances are accepted, including most managed care plans.

Referral Process:

If a patient or physician suspects a sleep disorder, they should call the Center at (718) 257 5544 or fax the referral form to (718) 257 5546 to schedule an appointment at the Sleep Center.

Comprehensive Support Services:

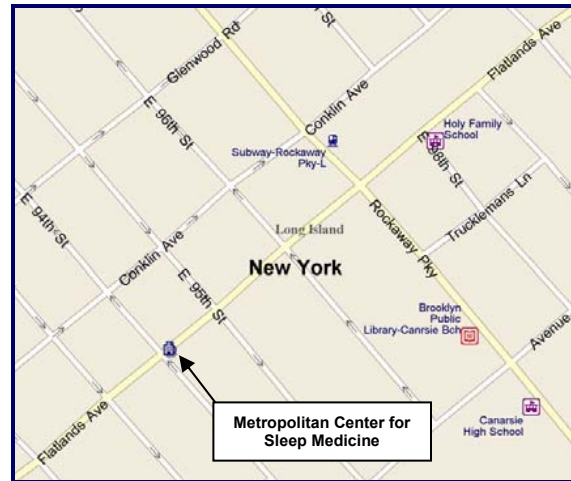
Professionally trained clinicians ensure the highest quality evaluations. To ensure accurate diagnoses, state of the art equipment is utilized including digital video, nasal pressure cannulas, and inductance plethysmography belts. Customized montages can also be configured for analyzing unique sleep disorders. Unlike other sleep centers, a unique web-based data management system supports rapid turnaround times of patient results while securing patient privacy and personal information.

Medical Staff:

The Metropolitan Center for Sleep Medicine is overseen by a Medical Director and a multidisciplinary team of sleep physicians, including pulmonologist, neurologist, ENT specialist, dentist, psychiatrist / psychologist and pediatric sleep specialist. The center is also supported by a Bariatric/ weight reduction Surgery Center.

Patient Experience:

Following a sleep study order from the consulting (referring) sleep physician, the patient is scheduled for an overnight sleep study (PSG) at the Center for Sleep Medicine. After arriving in the evening at a given time, required paperwork is completed and the technician prepares the patient for a painless, non-invasive overnight diagnostic study. The data collected after the patient falls asleep is reviewed (interpreted) by a physician who will recommend treatment, if needed.



SLEEP CENTER DIRECTIONS:

From Belt Parkway:

Belt Parkway to Exit #13: Rockaway Parkway, Make left onto Flatlands Avenue, go 2 blocks, make a right onto 94th Street; turn right into the rear parking lot.

From Train:

Take "L" Train to Rockaway Parkway (Last Stop). Take B6 bus and get off at 94th Street and Flatlands Avenue.

From Buses:

Take the B6 bus that stops in front of the St. Jude Medical Center.



Metropolitan Center for Sleep Medicine

St. Jude Medical Center
94-13 Flatlands Avenue
Brooklyn, NY 11236
Phone: 718-257 5544
Fax: 718-257 5546



Metropolitan Center for Sleep Medicine



*Your Neighborhood Sleep Disorders
Center & State-of-the-Art
Sleep Laboratory*

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The Metropolitan Center for Sleep Medicine

More than 40 million people in the United States suffer from sleep-related disorders such as snoring, fragmented sleep and sleep apnea. However, only about five percent have been diagnosed and treated according to the National Sleep Disorders Research Center. Most people are not aware that sleep ailments not only affect daily activity and lifestyle, but also can be associated with other more serious medical conditions such as high blood pressure, heart failure, atrial fibrillation, premature heart disease, stroke and even sudden cardiac death. In fact, sleep apnea, a condition causing patients to stop breathing during sleep, may be a risk factor for heart disease.

At the Metropolitan Center for Sleep Medicine, an expert multi-disciplinary medical team will evaluate and treat all of types of sleep problems..

Why Choose Metropolitan Center for Sleep Medicine?

- Multidisciplinary team approach.
- Comfortable, hotel-like bedrooms.
- Board Certified Physicians review all tests.
- Timely, accurate evaluations.
- A Sleep Clinic to provide Physician Consult Services and follow up for all sorts of sleep disorders, including insomnia and hypersomnias.
- The only sleep center in the area operating a unique program to manage cardiac conditions related to sleep disorders.
- A specialized Pediatric Diagnostics Program provides a needed, unique service for children in the Brooklyn area.
- Convenient to the local, premier Bariatric Surgery/ Weight Reduction Clinic also located in the St. Jude Medical Center.

Sleep Disorders Diagnosed and Treated at the Metropolitan Center for Sleep Medicine

Sleep Apnea:

The most common sleep disorder diagnosed and treated at the Center for Sleep Medicine is Obstructive Sleep Apnea (OSA), a life threatening disorder characterized by brief, repetitive interruptions of breathing during sleep. Estimates indicate 4% of men and 2% of women suffer from OSA. Indicators of OSA include:

- Daytime sleepiness
- Loud, irregular snoring
- Obesity
- Morning headaches

Untreated OSA increases risk of hypertension, stroke, heart attack and industrial accidents. Once diagnosed, the most common treatment is Continuous Positive Airway Pressure (CPAP), when a preset amount of air pressure is mechanically delivered to maintain an open airway during sleep. Other treatments may include weight loss, oral appliance therapy, or surgical intervention.

Other Common Sleep Disorders Treated at the Center:

Insomnia

A persistent inability to fall or stay asleep.

Restless legs syndrome

Pain or "crawling" sensations in the legs.

Periodic Limb Movement Disorder

Thrashing or kicking of the legs resulting in disturbed sleep.

Narcolepsy

Characterized by uncontrollable sleep attacks during the day.

For Complete Evaluation of Patients with:

- Obstructive Sleep Apnea-Hypopnea Syndrome
- Circadian Disorders of the Sleep-Wake Cycle
- Central Sleep Apnea Syndrome
- Excessive Day Time Sleepiness
- Periodic Leg Movement Disorder
- Restless Leg Syndrome
- Parasomnias
- Insomnia
- Hypersomnia
- Narcolepsy
- Snoring
- Bruxism

Services Provided at the Center:

- Polysomnography (*data acquired includes*):
 - Sleep Stages
 - Obstructive, central and mixed apneas
 - Hypopneas
 - Oxygen saturation
 - Apnea and hypoapnea index
 - Arousal index
 - Hypnogram
 - Summary report by an RPSGT
 - Physician interpretation
 - Synchronized digital video
- Multiple Sleep Latency Test (MSLT), Maintenance of Wakefulness Test (MWT): Daytime sleep studies used to diagnose narcolepsy.
- CPAP Titration: To provide treatment for sleep apnea, CPAP machine settings are adjusted until a therapeutic pressure is reached during an overnight polysomnogram.
- Actigraphy: A wrist Actigraph is used in the assessment of insomnia and excessive somnolence.
- Consult Service: Comprehensive evaluation of all types of sleep disorders and its management.