

**A**s an affiliate of SUNY Downstate Medical Center, the Sleep Disorders Center is part of a vast clinical, academic and research network with a long and proud history as Brooklyn's only academic medical center. Our physicians render the highest level of medical expertise, combined with the latest innovations in medical technology. Our goal is to provide the most compassionate healthcare possible and afford our patients the opportunity to live healthy and productive lives.

**WE PROVIDE DIAGNOSES AND TREATMENT FOR ALL TYPES OF SLEEP DISORDERS:**

- Obstructive Sleep Apnea (OSA)
- Narcolepsy
- Snoring
- Insomnia
- Excessive Daytime Sleepiness
- Restless Legs Syndrome
- Parasomnias
- Night Terrors
- Nightmares
- Shift Work Disorder
- Bruxism



**SYMPTOMS OF SLEEP DISORDERS:**

- Snoring
- Chronic Insomnia
- Sleep Apnea
- Fragmented Sleep
- Daytime Sleepiness
- Morning Headaches
- Irritability
- Difficulty concentrating
- Often told you look tired

- FACT:** Over 40 million people in the U.S. suffer from sleep disorders.
- FACT:** Only 5% of sleep ailments are successfully diagnosed and treated.\*
- FACT:** 33% of adults who snore have a life-threatening sleep disorder.
- FACT:** Sleep ailments are often associated with serious medical conditions such as:
  - Heart Disease
  - Hypertension
  - Stroke
  - Diabetes
  - Depression
  - Impotence

**FACT:** Sleep disorders can be easily managed once properly diagnosed and treated.

\* According to the National Sleep Disorders Research Center.

**SLEEP DISORDERS CENTER**  
 An Affiliate of SUNY Downstate Medical Center  
 Call for an Appointment or Additional Information  
 Phone (718) 252-1117 • Fax (718) 252-4185

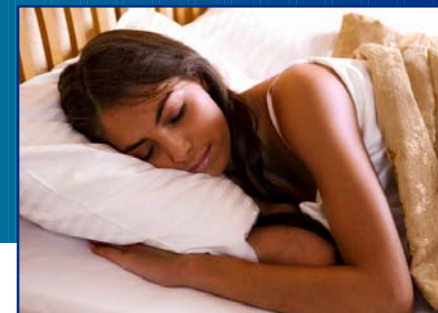
Most insurance plans accepted, including Medicare and Medicaid.



Conveniently located at 3839 Flatlands Avenue,  
 at the intersection of Flatbush Avenue.  
 Secured parking is available.

# Good SLEEP

is essential for



# Good HEALTH



**Sleep Disorders Center**  
 Sleep Medicine Specialists for Adults and Children  
 3839 Flatlands Avenue, Brooklyn, NY 11234  
 Phone (718) 252-1117 • Fax (718) 252-4185



## IDEAL ENVIRONMENT

- Brand new, state-of-the-art facility, designed with patient comfort in mind.
- 8 spacious, beautifully-appointed sleep diagnostic suites, designed to accommodate bariatric, handicapped, allergy-prone and pediatric patients.

- Each suite includes private bedroom with bathroom and shower, flat panel TV with DVD; lighting with dimmer, and extra beds for parents of pediatric patients.



## MULTI-DISCIPLINARY TEAM

- Medical Director—Board-Certified in Sleep Medicine.
- Board-certified physicians from the Department of Medicine, Division of Pulmonology and Critical Care Medicine; Department of Pediatrics, Division of Pediatric Pulmonology; and the Department of Neurology.
- PhD Psychologist specializing in behavioral sleep medicine.
- Certified Registered Polysomnography Technicians.
- Customer Service Representatives to provide assistance with scheduling, billing and insurance.
- Access to all other specialties and sub-specialties at SUNY Downstate Medical Center for tertiary care.

## DIAGNOSTIC SLEEP STUDIES

A laboratory sleep study is considered the “gold standard” in accurately diagnosing sleep disorders. Our team of sleep specialists employs the latest technology to monitor various brain activities and body systems while the patient sleeps. Our multi-disciplinary team of board-certified neurologists and pulmonologists (adult and pediatric), analyzes the results from the sleep study and provides the referring physician with a timely report. For patients diagnosed with a sleep-related condition, our physicians are always available for follow-up consultations as needed.

### Polysomnography (PSG)

Polysomnography is an overnight test that measures multiple variables during sleep, including the patient’s airflow through the nose and mouth, blood pressure, electrocardiographic activity, blood oxygen level, brain wave patterns, eye movement, and the movement of respiratory muscle and limbs. We also observe various sleep stages and body positions of the patient throughout the night.

### Continuous Positive Airway Pressure (CPAP)

Continuous positive airway pressure therapy is considered the most effective nonsurgical treatment for snoring and obstructive sleep apnea. CPAP uses a machine to help a person who has obstructive sleep apnea breathe more easily during sleep by increasing air pressure in the throat so that the airway does not collapse while breathing in.

### Multiple Sleep Latency Test (MSLT)

MSLT, also called a “nap study,” is used to see how quickly a person falls asleep during the day. The MSLT is the standard way to measure the level of daytime sleepiness. A patient’s brain waves, heartbeat, eye and chin movements are recorded. This study also measures how quickly and how often one enters the rapid-eye-movement (REM) stage of sleep.

### Maintenance of Wakefulness Test (MWT)

The maintenance of wakefulness test is a daytime polysomnographic procedure which measures the patient’s ability to stay awake. It is used to verify the effectiveness of the therapy the patient has been prescribed.

## FULL SCOPE OF SLEEP MEDICINE

- Multi-disciplinary approach to diagnosis and treatment by board-certified sleep medicine specialists.
- State-of-the-art equipment and monitoring station.
- Round-the-clock video and audio surveillance.
- Programs to identify and resolve sleep-related disorders, custom-designed for individuals, groups and industry.
- Clinical trials in sleep medicine.
- Contemporary facility with private rooms, high-end amenities and comfortable, relaxing environment.
- Accommodations for adult, pediatric, and bariatric patients.
- Prompt scheduling & timely reports to referring physicians.

## MEDICAL DIRECTOR



**SAMIR FAHMY, MD, FACP, FCCP, FAASM**, is an experienced clinician and researcher in the field of sleep medicine and has authored numerous articles in peer-reviewed medical journals.

Dr. Fahmy is an Assistant Professor at SUNY Downstate Medical Center in the Department of Medicine, Division of Pulmonary and Critical Care Medicine, where he was honored with the Attending Physician of the Year Award.

After completing his Internship and Residency in Internal Medicine and a Fellowship in Pulmonary and Critical Care Medicine at SUNY Downstate Medical Center, Dr. Fahmy proceeded on to a Fellowship in Sleep Medicine at the Sleep Disorders Institute at St. Luke’s-Roosevelt Hospital Center at Columbia University in Manhattan.

Dr. Fahmy is board-certified by the American Board of Internal Medicine, American Board of Pulmonary Disease, American Board of Critical Care Medicine and American Board of Sleep Medicine.

## RESEARCH DIRECTOR

**GIRARDIN JEAN-LOUIS, PhD** is an Associate Professor in the Department of Neurology at SUNY Downstate Medical Center, and Research Director of the Sleep Disorders Center.

Well known in the field of sleep medicine, Dr. Jean-Louis has been involved in several important NIH-funded studies, which have led to 150 publications, primarily on aging and sleep, circadian rhythm and ethno-gerontology. He has contributed to over 100 scientific conference proceedings and book chapters, and nearly 50 peer-reviewed journals.

Since completing his fellowship training in sleep medicine and human chronobiology at the University of California, San Diego, Dr. Jean-Louis has been practicing in Brooklyn as a specialist in Behavioral Sleep Medicine. He is very experienced in the evaluation and treatment of patients with sleep apnea, insomnia and circadian rhythm disorders. He is also skilled in the use of neurofeedback and cognitive behavior therapy as treatment modalities for sleep problems.

Dr. Jean-Louis is a member of the American Academy of Sleep Medicine, the Sleep Research Society, the American Psychological Association and the Society for Light Treatment and Biological Rhythms.

