

HOW WELL DO YOU SLEEP?

Have you been told you snore?

Have you been told you hold your breath during sleep?

Do you have difficulty falling or staying asleep?

Do you gasp or choke during sleep?

Are you excessively sleepy during the day?

Do you have trouble concentrating at work or school?

Do you have difficulty staying awake while driving, reading or watching TV?

Do you take frequent naps?

Do you use sleep medicine?

Do you have morning headaches?

Do you have history of heart problems, diabetes or high blood pressure?

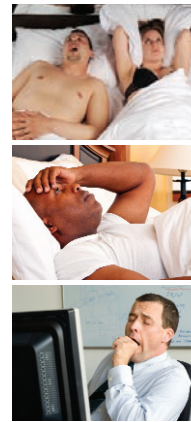
Do you experience leg pain, cramps or a crawling sensation in your legs?

Did you know that over 40 million people in the U.S. suffer from sleep disorders?

DIAGNOSES & 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

A laboratory sleep study is considered the “gold standard” in accurately diagnosing sleep disorders.

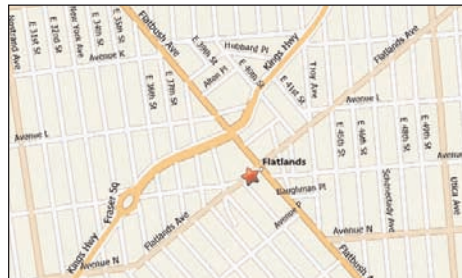


Sleep ailments are often associated with serious medical conditions such as:

**Heart Disease • Hypertension • Stroke
Diabetes • Depression • Impotence**

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

Most insurance plans accepted, including Medicare and Medicaid.



Conveniently located at 3839 Flatlands Avenue at the intersection of Flatbush Avenue. Free secured parking is available.

University Physicians of Brooklyn, Inc.

SLEEP DISORDERS CENTER

An Affiliate of SUNY Downstate Medical Center

Phone (718) 252-1117 • Fax (718) 252-4185

Visit our website for more information
www.downstate.edu/sleep

Trouble Sleeping?

Good Sleep is essential for
Good Health

Sleep Disorders Center

Sleep Medicine Specialists for Adults and Children



SUNY
DOWNSTATE
Medical Center

3839 Flatlands Avenue @ Flatbush
Brooklyn, NY 11234

(718) 252-1117

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FULL SCOPE OF SLEEP MEDICINE

- Multi-disciplinary approach to diagnosis and treatment by board-certified sleep medicine specialists and physicians from the Departments of Medicine, Neurology and Pediatrics.



- State-of-the-art central monitoring station where technicians monitor sleeping patients.
- Round-the-clock video and audio surveillance.

- Certified Registered Polysomnography Technicians.
- Access to all other specialties and sub-specialties at SUNY Downstate Medical Center for tertiary care.
- Timely reports to referring physicians.
- Custom-designed programs to identify and resolve sleep-related disorders — for individuals, groups and industry.
- Clinical trials in sleep medicine.

IDEAL ENVIRONMENT

- Brand new, state-of-the-art facility, designed with patient comfort in mind.
- 8 spacious, beautifully-appointed 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.



DIAGNOSTIC SLEEP STUDIES

Our sleep specialists employ 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.

Please visit our website for more details about sleep disorders and sleep testing procedures.

www.downstate.edu/sleep



SAMIR FAHMY, MD, FACR, FCCP, FAASM, is Medical Director of the sleep center, and board-certified in internal medicine, pulmonology, critical care medicine and sleep medicine. After completing his internship and residency in internal medicine and a fellowship in pulmonary and critical care medicine at SUNY Downstate, Dr. Fahmy completed a fellowship in sleep medicine at the Sleep Disorders Institute at St. Luke's-Roosevelt Hospital Center at Columbia University in 1998. Dr. Fahmy was honored with SUNY Downstate's Attending Physician of the Year Award in 2000-2001.



GIRARDIN JEAN-LOUIS, PhD, Research Director of the Sleep Disorders Center, completed his fellowship training in sleep medicine and human chronobiology at the University of California, San Diego. He is very experienced in the evaluation and treatment of sleep apnea, insomnia and circadian rhythm disorders, as well as the use of neurofeedback and cognitive behavior therapy for sleep problems. He has been involved in several important NIH-funded studies and has contributed to over 150 publications, including the Journal SLEEP and the New England Journal of Medicine.



EWA KOZIORYNSKA, MD, is board-certified in both neurology and sleep medicine. She graduated from Pomeranian Medical University in Poland and, after her neurology residency at UMDNJ in New Jersey, she completed a two-year fellowship in epilepsy at Yale University. Prior to joining the faculty at SUNY Downstate, Dr. Koziorynska was Assistant Professor of Neurology at New York University. She works with both the Sleep Disorders Center and Comprehensive Epilepsy Center and is fluent in Polish and Ukrainian.



HAESOOON LEE, MD, Director of Pediatric Pulmonology at the Children's Hospital at Downstate, is board-certified in pediatrics and pediatric pulmonology. She earned her medical degree from Ewha Womans University in Korea, then completed her internship at Yale University Norwalk Hospital, her pediatric residency at University of Connecticut St. Francis Hospital, and her pediatric pulmonology fellowship at Albert Einstein College of Medicine in the Bronx. Since 1991, Dr. Lee has been recognized numerous times in Who's Who in America and New York Magazine's Best Doctors issue. She is actively involved in research and has published articles in the Journal of the American Medical Association, Journal of Pediatrics and Chest, to name a few.



TRESA McSWEEN, MD, is board-certified in child neurology, pediatrics and sleep medicine. Following medical school at SUNY Upstate Medical Center in Syracuse, Dr. McSween completed her pediatric residency and pediatric neurology fellowship at North Shore University Hospital, and her fellowship in clinical neurophysiology at SUNY Downstate. In 2003 she joined the pediatric neurology faculty and Comprehensive Epilepsy Center and, in 2008, the Sleep Disorders Center.