

Focus on Sleep Treatment Centers

Sleep is one of the essential elements of a healthy lifestyle, giving you the physical energy and mental capacity to perform your best during the day. But you may feel sluggish and unrefreshed even after seven to eight hours of sleep. Or you may feel like sleep is a nightly battle between your body and your mind. You may be one of the millions of people with a sleep disorder that is robbing you of a good night's sleep.

Some of the most common symptoms of these sleep disorders include: difficulty falling asleep or staying asleep; loud snoring and silent pauses in breathing followed by gasping or choking sounds; an inability to wake up in the morning; an irresistible urge to move your legs while lying down; overwhelming bouts of daytime sleepiness; and walking, talking and acting out violent dreams during sleep.

The good news is that medical help for all of these problems is available

at more than 1,800 sleep disorders centers that have been accredited by the American Academy of Sleep Medicine. Each of these sleep centers is directed by a doctor who is board certified in sleep medicine.

After a consultation with a sleep medicine physician, a sleep test will determine if you have a sleep disorder and assist the physician with developing the right treatment plan for you.

Obstructive sleep apnea (OSA) affects approximately 4 percent of men and 2 percent of women. Continuous positive airway pressure (CPAP) is the first-line treatment for OSA. It is delivered through a mask worn over the nose or face that gently blows air into the back of the throat; this keeps the airway open so you are able to keep breathing as you sleep.

If you have insomnia, then you are not alone. Insomnia is a commonly-

reported sleep disorder, with about 30 percent of adults having symptoms; less than 10 percent of adults are likely to have chronic insomnia.

Many cases of insomnia will respond to changes that you can incorporate through cognitive behavioral therapy, which promotes different ways to improve your sleep through lifestyle changes.

Medications specifically approved to treat insomnia also can help improve your sleep. A sleep physician can decide which one will work best for you.

Find an AASM-accredited sleep center near you by using the online directory at www.sleepcenters.org.



Sleep Disorders:

- Include snoring, apnea, daytime fatigue, and morning headache
- Increase risks of disease and death
- Often are unrecognized by the patient
- Position of the jaw and the position and size of the tongue is a determinant as well a predictor of sleep disorders
- A custom designed and fitted oral sleep device is an effective and comfortable treatment for snoring and mild and moderate apnea and is recommended by the American Academy of Sleep Medicine.
- A dental sleep evaluation can lead to diagnosis and treatment that could save your life.
- Treatment is a team approach. We collaborate with physicians of many specialties.

For more information or to make an appointment for an evaluation contact:

Hindin Center for Whole Health Dentistry: 845 357 1595

Gelb Center for TMJ and Sleep Disorders: 212 752 1662 • 914 686 4528

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Snoring? Sleep Apnea? Unable to Tolerate CPAP?

If you snore or have been diagnosed with obstructive sleep apnea or are unable or unwilling to wear your prescribed CPAP unit, dentistry has an alternative. Dental mouthpieces* that support the lower jaw in a forward position can open the airway to provide a refreshing, healthful, quiet night's sleep.

Call the *Snoring Isn't Sexy* dentist nearest you for a consultation:

New Jersey

Allison Adams, DMD
120 Park Ave.
Madison, NJ
(973) 377-7088

John K. Bixby, DMD
160 White Rd.
Little Silver, NJ
(732) 224-1160

Norman Blumenstock, DDS
410 Spotswood Englishtown Rd.
Monroe Township, NJ
(732) 251-7766

Frank DePaola, DDS
1209 Hudson St.
Hoboken, NJ
(888) 396-5556

Ira Klemons, DDS, PhD
2045 Route 35 South
South Amboy, NJ
(732) 727-5000

NJ: General Dentists

New York

David S. Binder DDS
551 Fifth Ave.
New York, NY
(212) 753-0500

Lily Eng, DDS
215 Park Row
New York, NY
(212) 842-5300

Bradley Fischman, DDS
119 West 57th St.
New York, NY
(646) 808-0151

233 East Shore Rd.
Great Neck, NY
(516) 439-4068

Michael Gelb, DDS, MS
635 Madison Ave.
New York, NY
(212) 752-1662

12 Old Mamaroneck Rd.
White Plains, NY
(914) 686-4528

Michael Gelbart, DDS
1620 Route 22
Brewster, NY
(845) 279-4999

738 Route 9
Fishkill, NY
(845) 896-5151

Howard G. Hindin, DDS
2 Executive Blvd.
Suffern, NY
(845) 357-1595

Jeffrey S. Hindin, DDS
2 Executive Blvd.
Suffern, NY
(845) 357-1595

Robert L. Korngut DDS
32 Court St.
Brooklyn, NY
(718) 638-9035

Jeffrey S. Rein, DDS
101 Hillside Ave.
Williston Park, NY
(877) SNOREND

Neal Seltzer, DMD
101 Hillside Ave.
Williston Park, NY
(877) SNOREND

Learn more about each dentist at

<http://nynj.snoringisntsexy.com>

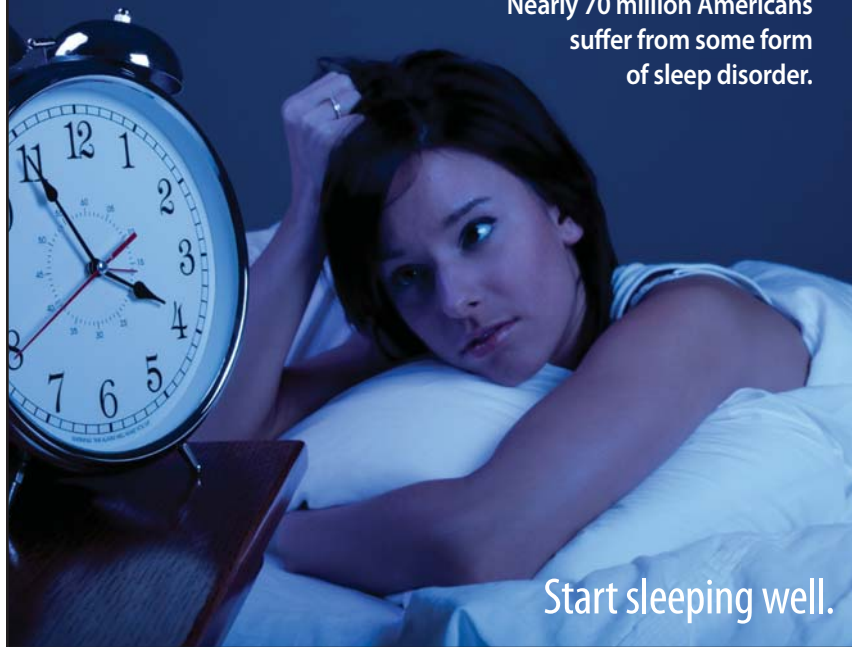
* "Oral appliances (OAs) are indicated for use in patients with mild to moderate OSA [Obstructive Sleep Apnea] who prefer them to continuous positive airway pressure (CPAP) therapy, or who do not respond to, are not appropriate candidates for, or who fail treatment attempts with CPAP. Until there is higher quality evidence to suggest efficacy, CPAP is indicated whenever possible for patients with severe OSA before considering OAs. Oral appliances should be fitted by qualified dental personnel who are trained and experienced in the over- all care of oral health, the temporomandibular joint, dental occlusion and associated oral structures."

Practice Parameters for the Treatment of Snoring and Obstructive Sleep Apnea with Oral Appliances, Sleep, Vol. 29, No. 2, 2006

Focus on Sleep Treatment Centers

It's time to do something about your sleep problem.

Nearly 70 million Americans suffer from some form of sleep disorder.



Start sleeping well.

At Northern New Jersey Center for Sleep Medicine, we provide...

- State-of-the-art technology and board-certified sleep medicine specialists
- Six hotel-style suites each with queen-size bed, cable TV and private bathroom
- Highly-qualified and compassionate staff who deliver timely and accurate results
- Accreditation by the American Academy of Sleep Medicine

Call the Northern New Jersey Center for Sleep Medicine at Holy Name Hospital at 201-833-7260 for more information.

Holy Name Hospital 
Northern New Jersey
Center for Sleep Medicine



725 Teaneck Road • Teaneck, NJ 07666
Call 201/833-7260 or visit: www.holyname.org

INSTITUTE FOR SLEEP-WAKE DISORDERS AT HACKENSACK UNIVERSITY MEDICAL CENTER



The Institute for Sleep-Wake Disorders at Hackensack University Medical Center is dedicated to the diagnosis and treatment of the full-spectrum of sleep disorders. All services are provided by physicians board-certified in sleep medicine, a Ph.D. experienced in the psychosocial management of sleep disorders, and registered sleep technicians, who are in touch with the most recent developments in the field. The institute offers six comfortably furnished sleep rooms and a lab equipped with the most technologically advanced audio, video, and computerized monitoring equipment for performing sleep studies.

The institute has been accredited by the American Academy of Sleep Medicine since 1994, attaining reaccreditation in 1999, 2004, and 2009. It is a major site for teaching and research in sleep disorders.

Sleep-wake disorders have become a growing national concern. The Institute for Sleep-Wake Disorders is equipped to treat the nearly 100 classified sleep disorders, some of which are quite serious and, at times, life threatening or extremely disabling.

Please call 201-996-3732 or visit www.humc.com/sleepdisorders.



Susan Zafarlotfi, Ph.D., clinical director, Institute for Sleep-Wake Disorders
Hormoz Ashtyani, M.D., medical director, Institute for Sleep-Wake Disorders

For a renowned physician, call **1-800-DOCTORS**

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HOMETOWN HOSPITAL OF THE NY GIANTS

Focus on Sleep Treatment Centers



We're the #1 reason New Jersey sleeps well.

The state's largest sleep center.

The renowned sleep disorder centers, at Morristown Memorial Hospital and Overlook Hospital, are nationally accredited. Our centers of excellence are staffed by experienced, board-certified sleep physicians, and two of our co-medical directors were named Top Doctors by New Jersey Monthly magazine. Our specially trained sleep technologists use the latest, state-of-the-art diagnostic sleep studies to identify the cause and type of your sleep disorder. We then customize the most appropriate, most effective treatment and follow up plan. Our sleep centers are part of our pulmonary center of excellence, a leader in every aspect of pulmonary medicine. If you're looking for a good night's sleep, you'll find it right here.



To schedule an appointment at Morristown Memorial Hospital, call **866-504-2977** or Overlook Hospital, call **866-588-6809**. For more information visit atlantichealth.org.

THE PASSION TO LEAD

▲ Morristown Memorial Hospital ▲ Overlook Hospital ▲ Atlantic Neuroscience Institute ▲ Atlantic Rehabilitation Institute
▲ Carol G. Simon Cancer Center ▲ Gagnon Cardiovascular Institute ▲ Goryeb Children's Hospital