

Do you wake up frequently at night? Or repeatedly wake up tired in the morning, even after a full night's sleep? Do you have problems falling asleep at night and staying awake during the day? Does your sleep partner tell you that you snore, gasp, talk or thrash around in your sleep?

We can help you for "the rest of your life."

According to the National Institutes of Health, at least 70 million people in the U.S. have sleep problems for a few days or for several weeks or longer, while 40 million suffer for longer periods of time. Because of sleep problems, millions of people do not get enough sleep to function at their best during their waking hours. Even more have poor quality sleep that may be disrupted or associated with other medical or health problems that keep them from getting sufficient deep or restorative sleep.

- Each year over 100,000 police reported motor vehicle crashes involve drowsiness or fatigue as a principal causal factor.
- Sleepiness has been implicated as a contributing factor in major industrial accidents.
- Untreated, chronic insomnia may lead to depression.
- Sleep apnea, a serious and dangerous breathing disorder often associated with snoring, is closely linked to hypertension, coronary artery disease and stroke.
- Loud snoring is not only a potential health danger signal but it can create a severe strain on a relationship as well.

A comfortable home-like environment and state of the art technology.

If you're one of over 65 million Americans who suffer from a sleep disorder, we're here to help.

Our hospital-based Center For Sleep Medicine is a conveniently located and comfortable setting in which our board certified physicians and highly skilled sleep technicians perform what is known as a polysomnogram, a big word that means "sleep study."

This diagnostic sleep study is a non-invasive procedure which records your sleep pattern, breathing, oxygen level, heart rate and rhythm, and muscle tone while you sleep overnight, pampered in a private guest-room at our modern Center.

You'll even enjoy a complimentary continental breakfast before heading out for your normal routine early the next morning.



Sleep is a window to our health. Good sleep contributes to our health, safety, and overall well-being and can impact every aspect of our lives - at home, at work, and even behind the wheel of a car.

The Center for Sleep Medicine is dedicated solely to the diagnosis and treatment of sleep disorders. Because we understand your needs and concerns, we will provide prompt scheduling of appointments, comfortable atmosphere during your testing, and prompt evaluation and delivery of your results to your physician.

If it's time you or someone you love needs a good night's sleep we suggest you consult your doctor or contact us at (856) 853-2131 to find out how we can help you "for the rest of your life."

"...Because of sleep problems, millions of people do not get enough sleep to function at their best during their waking hours..."

If you or someone you love experiences any of these sleep disorder symptoms...

- Interrupted breathing while asleep (observed by sleeping partner)
- Excessive daytime sleepiness
- Loud snoring
- Chronic fatigue
- Falling asleep when inactive and at inappropriate times of the day
- Headache or confusion when awakening
- Rhythmic limb or body movements when asleep
- Male sexual impotence
- Onset of hypertension and other cardiac problems
- Difficulty falling asleep
- Continual awakening during the night
- Fatigue or non-refreshing sleep
- Sleep terrors or nightmares
- Irregular heartbeat during the night
- Excessive perspiration during the night
- Anxiety
- Nighttime leg cramps
- Teeth grinding while asleep
- Problems with adjusting to shift work

**The Center For Sleep Medicine can help.
Call us (856) 853-2131.**

The Center for Sleep Medicine is located on the hospital's Woodbury campus in the Family Medicine Building at the corner West Red Bank Avenue and Tatum Street.

For additional assistance, please call us at (856) 853-2131. For more detailed information or directions, please visit our website www.umhospital.org.



75 West Red Bank Avenue • Woodbury, NJ 08096
(856) 853-2131

MEDICAL DIRECTOR

Scott B. Rosenberg, MD

Board Certified in Sleep Medicine

ASSOCIATE MEDICAL DIRECTOR

Gregory Breen, MD

Board Certified in Sleep Medicine



509 North Broad Street
Woodbury, NJ 08096

WWW.UMHOSPITAL.ORG

Underwood-Memorial Hospital is accredited with Full Standards Compliance by the Joint Commission.

DISCOVER
Discover
THE CENTER FOR
SLEEP MEDICINE

