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Learn about Sleep Disorders Center by [Michael Ullmann](#)

Article published on January 4th 2012 | [Health](#)

Sleep is vital for everybody. In order to maintain good mental, physical and emotional health, one has to get adequate amount of sleep. It has been revealed in the recent studies that more than 40 million US citizens are vulnerable to sleep disorders. However, this is not a life threatening disease. Moreover, this can be diagnosed and effective treatment is available in the sleep disorders center. Certain symptoms are there that indicate sleep disorder in a person. These are snoring, drowsiness throughout the day and falling asleep at the wrong times.

The serious symptoms that require immediate medical attention are sleepiness, snoring, restless leg syndrome, sleep apnea, narcolepsy, parasomnias and insomnia. The sleep disorders center is to be found in universities or in hospitals. Privately owned centers are also available throughout the United States. The fees vary from one clinic to another depending on the type of sleep disorder. However, the normal range is between hundred and thousand dollars. In order to diagnose the issue a physician would check the patient first. Then the center would execute an overnight sleep study.

This kind of study is performed in sound proofed sleep room. Small sensors are attached into various body parts in order to retrieve data during your sleep. The study entails measuring of brain waves, heartbeats, breathing patterns, muscle tone, eye movements and body movements. People who are suffering from sleep deprivation may have to go through multiple sleep latency testing during daytime as well other than overnight sleep testing. Whenever, a person considers visiting a sleep disorders center, it is important that the patient takes consultation from an American Academy of Sleep Medicine (AASM) accredited center.

AASM is a medical association especially created to ensure effective treatment for patient with sleep disorder problems. One can be rest assured of getting quality services from an accredited sleep disorders center, which is well equipped with state-of-the art facilities. Apart from proper consultation and diagnosis, a patient suffering from sleep disorder must have mental or moral support from his near and dear ones. Moreover, his co-operation with the physician is extremely important for faster relief.

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The Sleep Wellness Center of New York was established by a team of cardiologists, pediatricians, pulmonologists and internists to address the growing need for research, diagnosis and treatment of sleep disorders including Sleep Apnea, Restless Leg Syndrome, Insomnia, Narcolepsy, and Snoring. For more information visit <http://sleepwellbewell.com/>

Article Keywords:

New York Sleep Center, Sleep Disorders Center, Insomnia Sleep Disorders, Sleep Disorder Clinic, Sleep Study Center, Sleep Centers, Sleeping Disorders

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