

Snoring isn't just annoying It can be a sign of serious health problem

Aside from depriving your bed partner of a sound sleep, snoring isn't usually anything to worry about—but some snorers have sleep apnea, a serious condition.

Could you?

Snoring is a sign of sleep apnea- a sleep disorder in which you actually stop breathing, during sleep. Research indicates a strong link between sleep apnea and heart disease.

In a recent study in the New England Journal of Medicine, research has indicated that the treatment of sleep apnea reduces the blood pressure and improves heart function.

**2951 Grand Concourse
Suite IA
Bronx, NY 10468**

**370 Bayridge Pkwy
Suite 1G
Brooklyn, NY 11209**

Don't ignore your Sleep Problem

Getting help is easy-just call the sleep experts at the New York Sleep Disorder Center and learn how to achieve better rest and feel more alert and refreshed.

Call Now

We understand the importance of sleep on mood, memory, good health and day to day functioning.

Call Us

Start to feel better with a call to the New York sleep Disorder Center

**718.220.4210
Contact@NYSleepCenter.com**

Not sleeping
well? Still Tired
after a night in
bed?

fatigued?
Snoring?



Are Sleep Disorders Serious?

Sleep restores our bodies and our minds. Without it we suffer.

Sleep disorder may lead to:

- Fatigue and day time drowsiness
- Psychological symptoms such as irritability, depression
- Reduced attention, concentration and memory
- Impaired school or work performance
- Work place accidents and car crashes
- Sexual Dysfunction
- Uncontrollable weight gain
- High Blood Pressure
- Heart Attacks
- Strokes

What are the Symptoms of A Sleep Problem

Yes

No

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Loud Snoring |
| <input type="checkbox"/> | <input type="checkbox"/> | Sleepiness or fatigue during waking hours |
| <input type="checkbox"/> | <input type="checkbox"/> | Still tired after a night in bed |
| <input type="checkbox"/> | <input type="checkbox"/> | Irritable and Moody |
| <input type="checkbox"/> | <input type="checkbox"/> | Memory and concentration problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Morning Headache or dry mouth |
| <input type="checkbox"/> | <input type="checkbox"/> | Restless sleeper or trouble staying asleep |
| <input type="checkbox"/> | <input type="checkbox"/> | Difficulty in falling asleep |
| <input type="checkbox"/> | <input type="checkbox"/> | Creeping or crawling sensation in limbs |

If you answered yes to two or more of the above questions, you should seek the advice of a professional for a sleep problem.

Don't let sleep problems compromise your health!

New York Sleep Disorder Center Sleep

Solutions

Providing comprehensive Diagnostic and therapeutic program in sleep medicine

- Snoring
- Sleep apnea
- Insomnia
- Narcolepsy
- Sleep walking
- Other parasomnias

Quality Care

Expecting and accepting from ourselves nothing short of the best. Remembering that each of us, the people of New York Sleep makes the unassailable difference

- State of art equipment
- A highly credentialed staff
- Quadruple Board certified Sleep Specialist
- Qualified Technologist



New York Sleep Center creates a warm environment while providing top-notch sleep studies.

- Cozy rooms that make you feel like at home
- Being a small clinic like this, we can provide extra friendly atmosphere for you , so you don't feel that you're just patient coming through, but that you are actually person we know personally, and we can take care of all of your needs.

Convenience

- Prompt scheduling
- Procedure covered by Medicare and most of insurance plans
- Major credit cards accepted
- Fast result of sleep studies
- Easily assessable via subway, buses and major highway.

Talk to our sleep specialist. He can help you solve your sleep problem- and clear a path for better health.