



Common Symptoms of Sleep Problems

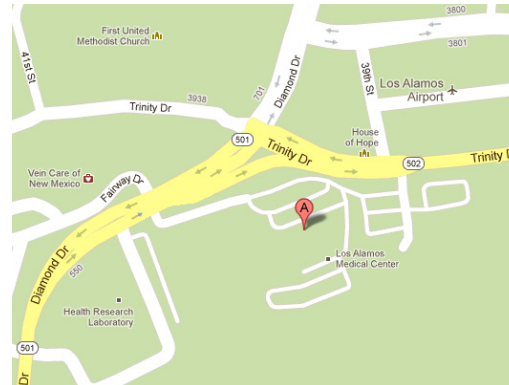
- Snoring
- Difficulty Falling Asleep
- Weight Gain
- Difficulty Staying Asleep
- Daytime sleepiness
- Fatigue
- Difficulty controlling Blood Pressure
- Struggling with Memory & Concentration
- Dry Mouth
- Headaches
- Waking up to use the restroom

Patients should seriously consider sleep study testing if they have the following:

- Congestive Heart Failure
- Diabetes
- Heart Disease
- High Blood Pressure
- Obesity
- Stroke
- Insomnia
- COPD

Arriving at the Sleep Center

Our sleep center is located at 3917 West Road in the **Los Alamos Medical Center on the 3rd floor**. For your overnight sleep study, enter through the Emergency Room Entrance and check in with Registration first. Then take the elevators to the 3rd floor and make a right when you exit. The sleep center is at the end of the hallway on the right hand side. Day time office visits with Dr. Charlton will be held at the same location.



The Los Alamos Sleep Center is a department of Los Alamos Medical Center and in partnership with Quality Sleep Solutions.

Our services are covered by most **medical insurance plans.**



3917 West Road | Los Alamos, NM 87544
 505.661-9533
 LosAlamosMedicalCenter.com



Improve Your Sleep Quality
How it works.





The Los Alamos Sleep Center offers a unique mind and body approach to help you live a better life through quality sleep. Dr. Gregory Charlton, Board Certified Sleep Specialist, provides a day time clinic to meet with you and evaluate your specific needs and treatment plan. An overnight sleep study might be recommended to diagnose and treat physical sleep disorders like sleep apnea.

Common sleep problems that we can diagnose and treat:



- Insomnia
- Sleep Apnea
- Restless Leg Syndrome (RLS)
- Narcolepsy
- Periodic Limb Movement
- Nightmares

Scheduling Your Sleep Study

Your physician will fax a referral to the sleep center with your information. We will contact you to gather required insurance information and to schedule your overnight sleep study. If you wish to get started right away, contact our customer service team at 505-661-9533. We will answer any questions regarding your overnight sleep study, insurance or treatment process.

Quality of Sleep Impacts Quality of Life

It is how you start the day, that makes your day! Wake up refreshed and do not let snoring or sleep apnea keep you from enjoying your life. We are here to help you get the sleep you deserve.



Durable Medical Equipment (DME)

You have the option to receive your C-PAP equipment and mask from our program. We will also follow-up with you to see if you need any support or supplies. This is a convenient way for you to receive your equipment and start on treatment fast, which is important for those that have severe sleep apnea.

Free C-PAP Clinic

The Free C-PAP clinic provides much needed support to insure treatment success. Patients can utilize this free service to try new mask technology or receive professional support for any C-PAP issues.



Insomnia Clinic: A Valuable Alternative to Medication

The Insomnia Clinic is a specialized and advanced service for those who have difficulty falling and/or staying sleep. Dr. Gregory Charlton will work with you, face to face, and understand your specific type of Insomnia. Dr. Charlton will share powerful, effective techniques and habits to help you fall asleep and stay asleep, and even prevent Insomnia from returning.



1. Sleep Study Scheduled



2. Stay 1 Night for Sleep Test



3. Results Report Generated



4. Treatment Options Evaluated with Physician



5. Treatment Sleep Study Scheduled*



6. 1 Night Treatment Sleep Study



7. Treatment Results Report Generated



8. Prescription written for Treatment



9. Equipment Dispensed to Patient for at home use



10. Follow-up and Support

*2nd sleep study might be required for treatment. (e.g., C-PAP, Oral Appliance or Surgery)