The Center for Sleep Disorders at The GW Medical Faculty Associates
is Washington, D.C.'s newest and most advanced sleep testing facility. Incorporating
state-of-the-art technology with the finest personal amenities in a secure and
comfortable setting, our center features an experienced staff of board certified
physicians and compassionate polysomnographic technologists. In addition to overnight
sleep testing, the Center for Sleep Disorders is at the forefront of research, medical
education, and the implementation of innovative treatment options. Testing is available
Monday through Saturday in spacious private rooms. Onsite parking is available for a
small fee. Our patients are seen quickly with comprehensive results provided on a timely
basis. We accept most insurance plans and our skilled administrative staff will assist
with pre-certifications whenever possible. At the Center for Sleep Disorders at The GW
Medical Faculty Associates we look forward to providing you with the finest sleep
testing services available.
HOW ARE YOU SLEEPING?
Everyone feels sleepy at times, but when sleepiness interferes with daily routines and activities, or reduces your ability to function, you may not be getting the sleep you need. Over 80 million Americans are affected by a sleep problem. Many are unaware that they suffer from a sleep disorder. Most people who have sleep disorders never seek treatment. Untreated sleep disorders can lead to reduced quality of life, disease, and even death. The Center for Sleep Disorders at The GW Medical Faculty Associates can help.

HOW DO I KNOW IF I HAVE A PROBLEM?
You may have a sleep problem if you:

- Constantly feel sleepy
- Snore loudly
- Wake up sweating or gasping for breath
- Have been told that you stop breathing when you sleep
- Feel tired all the time
- Fall asleep while driving
- Fall asleep unintentionally while watching TV or reading
- Have difficulty paying attention at work or school
- Have trouble remembering
- Have difficulty controlling your emotions
- Often wake up with headaches
- Must take naps on most days
- Have uncomfortable sensations in your legs that keep you awake
- Suffer frequent leg or arm movements during the night
- Have vivid nightmares
- High blood pressure
- Heart disease
- Obesit
- Diabetes
- Depression
- Stroke
- Sexual dysfunction
- Increased accidents
- Impaired work performance

WHAT ABOUT INSURANCE?
Most health insurance plans including Medicare cover the diagnosis and treatment of sleep disorders. It makes great sense to insurance companies to treat sleep disorders because of the abundant benefits of quality sleep to healthful living.

WHAT SHOULD I EXPECT DURING A SLEEP STUDY?
Most people are naturally apprehensive about a sleep study, but it is a relatively easy and painless test. Small wires are attached to your head and body and you are monitored in an overnight setting as you sleep naturally. A doctor will interpret the results of this study and form a treatment plan that is specially tailored to your situation. This plan may include medicines, appliances, and counseling.

HOW DO I GET TREATMENT FOR A POSSIBLE SLEEP DISORDER?
It’s important to talk to your doctor about your sleep. Sleep disorders usually don’t go away over time and they often get worse. Treatment for sleep disorders can dramatically improve your health and quality of life. Often, a specialist must observe your sleep habits and symptoms to help determine whether or not a sleep disorder is present. In order to make a complete diagnosis, an overnight sleep study may be necessary. A sleep study provides your doctors with comprehensive information about your sleep and breathing.

WHAT ARE THE CONSEQUENCES OF SLEEP DISORDERS?
Many people underestimate the significance of untreated sleep disorders. According to the National Commission of Sleep Disorders Research, the consequences of sleep problems are diverse, serious, and often catastrophic. Studies have found a relationship between sleep and:

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- Obesit
- Diabetes
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