

## Don't Let a Bad Night's Sleep Ruin a Good Day.

**Get Relief!** Ask your physician to refer you  
to Pacific Sleep Disorders Center.



Visit us online at [www.PacificSleep.com](http://www.PacificSleep.com) for more  
information or call us to schedule an appointment.

1255 Post Street, Ste. 498  
San Diego, CA 94500  
(Corner of Van Ness & Post)

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*Pacific*  
**Sleep Disorders Center**  
of San Francisco

## Better LIFE...



## through better SLEEP

### Do You Suffer from any of these symptoms?

- ▶ Loud snoring
- ▶ Memory loss
- ▶ Difficulty awakening
- ▶ Wake up not feeling refreshed
- ▶ Morning headaches
- ▶ Poor concentration
- ▶ Weight problems
- ▶ Chronic fatigue or sleepiness
- ▶ Drowsiness while driving
- ▶ Trouble falling asleep
- ▶ Awaken frequently
- ▶ Sleep paralysis
- ▶ Violent movement during sleep
- ▶ Sleep walking or sleep talking
- ▶ Unpleasant feeling in your legs
- ▶ Reduced attention
- ▶ Sexual dysfunction



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Look  
inside  
to learn more...

## Undiagnosed Sleep Disorders

If you experience *two or more* of the symptoms listed, you may be one of the 85 million Americans suffering from *undiagnosed sleep disorders*.



### If Left Untreated

Sleep disorders may endanger your physical and mental health, and pose significant strain on the brain, heart, and lungs, which can result in serious conditions such as:

- ▶ Stroke
- ▶ Memory loss
- ▶ Heart failure
- ▶ High blood pressure
- ▶ Sexual dysfunction
- ▶ Depression
- ▶ Debilitating fatigue/sleepiness
- ▶ Missed work time
- ▶ Disrupted social relationships
- ▶ Reduced productivity and poor concentration
- ▶ High incidence of car accidents
- ▶ Decreased immune system function



**Advise your physician of your symptoms  
and seek treatment.**

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### INSOMNIA

Insomnia is the chronic inability to fall asleep and/or stay asleep long enough to feel rested. It is the most common of all sleep-related complaints and may be the main symptom for a variety of sleep disorders.



### RESTLESS LEGS SYNDROM (RLS)

Very unpleasant sensations that occur in the legs when sitting or lying still, especially at bedtime. Symptoms occur most often in the calves of both legs and inhibit a person's ability to obtain restful sleep at night and to function normally during the day.

### PERIODIC LIMB MOVEMENT DISORDER (PLMD)

PLMD is periodic involuntary leg movements or jerking motions during sleep. They may cause frequent, brief interruptions of sleep, less restful sleep, and daytime sleepiness.

### PARASOMNIAS

Parasomnia is used to describe a wide range of disruptive sleep-related events including sleepwalking, night terrors and sleep tremors. In these cases, the sleeper is awake enough to act out complex behaviors but is still asleep and not aware of his or her activity. In some cases the patient's physical safety and mental wellness are in danger.

Call us at **415.422.4342** to set up an appointment.

## Types of Sleep Disorders

### OBSTRUCTIVE SLEEP APNEA

A serious, potentially life-threatening disorder. Breathing usually stops for 10 – 90 seconds and can occur hundreds of times throughout the night. The airway in the back of the throat collapses/becomes blocked, by the tongue, excess tissue or relaxed throat muscles. The body struggles for air, briefly waking the sleeper, so that breathing can begin again. This interruption of airflow prevents much needed oxygen from entering the bloodstream and poses significant strain on the heart, brain and lungs. A restful night is not achieved due to interruption of deep sleep and REM sleep. The person does not remember the many episodes of apnea during the night. The primary symptoms are heavy snoring, witnessed breathing pauses, and/or daytime sleepiness.



The brain and heart are deprived of oxygen during sleep.

### NARCOLEPSY

Unavoidable daytime sleepiness or sudden “attacks” of sleep during the daytime, in spite of adequate sleep during the night. Individuals can develop muscle paralysis triggered by anger, joy, or other strong emotional feelings, which may result in collapsing and falling to the ground (cataplexy). Both narcoleptic sleep attacks and cataplexy can cause decreased work performance and injury.

## How We Can Help

We provide  
a comprehensive range of services  
**to diagnose and treat sleep disorders.**

Based on referral from your physician, utilizing state-of-the-art equipment, we perform polysomnograms (sleep studies). Overnight sleep studies assess your sleep and breathing activity during the night.

Information obtained from the studies will be interpreted by our physician team who are renowned leaders in the field of sleep medicine. A detailed report will be sent to your referring physician as part of a more thorough evaluation in defining the nature and causes of your sleep disorder.

If diagnosed with **SLEEP APNEA**, we provide you with on-site state-of-the-art Medical Equipment (CPAP/BiPAP) and adjustment to fit your needs and preferences as a part of your treatment plan.



**Sleep is not a “Time Out” from daily life.  
It is an active state, essential for physical  
and mental restoration.**

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## Our Unique Advantages



**Dr. Christopher R. Brown, M.D.**  
Medical Director



**Dr. Clete Kushida, M.D., Ph.D., RPSGT**

### 1. Physician Team Leadership and Expertise

- ▶ World renowned leaders in the field of Sleep Medicine, from Stanford, CPMC, and UCSF.
- ▶ Diplomats of the American Board of Sleep Medicine (ABSM)
- ▶ Have appeared as experts on numerous media programs including CNN
- ▶ Authors of numerous articles and book chapters on sleep medicine
- ▶ Lecturers on sleep Medicine, nationally and internationally
- ▶ Stanford University School of Sleep Medicine faculty and Sleep Research Center Director

### 2. Client Convenience

- ▶ Upscale facility
- ▶ Covered parking under the Center
- ▶ Convenient access to public transportation
- ▶ Centrally located
- ▶ Timely appointments



Unique simulated hotel suite for optimal sleep comfort without the hospital or clinical flavor

Visit [www.PacificSleep.com](http://www.PacificSleep.com)

### 3. Equipped with State-of-the-art diagnostic equipment

### 4. On-Line referrals

Effective and confidential (HIPPA-Compliant) use of Internet to facilitate professional referrals.

### 5. Customer-centered Staff

We are committed to the highest standards and WILL NOT compromise on quality or patient satisfaction.

### 6. Insurance

We accept most PPOs and Medicare. Contact us for a list of accepted insurance plans.



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