

UCLA Sleep Disorders Center adds new services for comprehensive care



The UCLA Sleep Disorders Center provides assessment and treatment of adult and pediatric sleep conditions, including obstructive sleep apnea, excessive daytime sleepiness, snoring, insomnia, restless legs syndrome, parasomnias, narcolepsy, circadian rhythm disorders such as shift work sleep disorder and jet lag syndrome and other disorders.

Research over the past decade has illuminated the myriad health consequences of poor or interrupted sleep, including associations with obesity, diabetes, cardiovascular disease, psychiatric illness and injuries due to accidents. Sleep medicine is a multidisciplinary field involving a spectrum of medical and surgical specialties. UCLA's Sleep Disorders Center is a comprehensive program with a sleep laboratory and sleep specialists who can address any type of symptom or condition.

Outpatient consultations and inpatient sleep studies

Accredited by the American Academy of Sleep Medicine, the UCLA Sleep Disorders Center's highly trained staff includes physicians who are board certified in sleep medicine as well as registered polysomnographic technologists who are proficient in evaluating and diagnosing a range of sleep difficulties and providing patient education.

Working with patients to achieve success

As part of an academic medical center, the UCLA Sleep Disorders Center is uniquely qualified to assess and treat complex sleep conditions. The skills of a multidisciplinary team of experts are coordinated through the center to maximize patient convenience and ensure that care is tailored to each individual without gaps in services.

"Patients receive all services at one center, under one roof," says Alon Y. Avidan, MD, MPH, professor of neurology and director of the UCLA Sleep Disorders Center. "We also offer access to highly specialized care and treatment options that may not be available at other sleep centers."

The resolution of chronic sleep problems requires a close collaboration and therapeutic alliance between physician and patient, Dr. Avidan adds.

"We hope to have patients challenge us with questions," he says. "We often see patients for second opinions and for complex conditions. We take the patient's own expectations into high consideration and make recommendations that are carefully tailored to the patients' needs. Patients feel they are part of the solution and feel invested."

The center offers two principal types of services:

- **Clinical consultation** — An outpatient evaluation consisting of a history and physical examination to determine the need for a sleep study.
- **Clinical testing** — A sleep study may be needed for a definitive diagnosis. This overnight sleep laboratory assessment is conducted at the UCLA Sleep Disorders Center, which contains eight private bedrooms and bathrooms. The laboratory is equipped with state-of-the-art equipment for digital polysomnography that can help physicians assess patients for disorders such as obstructive sleep apnea, narcolepsy and abnormal movements and behaviors at night. The Sleep Center assists patients who are having problems with their sleep apnea masks (Continuous Positive Airway Pressure, or CPAP) and need additional education to improve compliance with treatment for sleep apnea. The center also provides a three- to four-hour “naps study” to facilitate CPAP adjustments.

Multidisciplinary care

The field of sleep medicine encompasses more than 80 clinical conditions. The identification of underlying pathologies is a key to successful treatment and is carried out in collaboration with specialists in neurology, pulmonary medicine, psychiatry, otolaryngology, dentistry, bariatric surgery and nutrition. The center works with pulmonologists to address pulmonary disease that occurs during sleep, including obesity hypoventilation syndrome. The UCLA Division of Pediatric Pulmonology provides comprehensive evaluation and management for all pediatric patients with respiratory disorders, including chronic/recurrent cough or wheezing, asthma, pneumonia, valley fever, apnea, chronic lung disease and interstitial lung disease. We also provide multidisciplinary cystic fibrosis and home ventilator programs.

Dental devices are available for the management of bruxism as well as milder cases of sleep apnea as alternatives to traditional treatments. Referrals for consultations with an otolaryngologist are available for patients considering surgery for treatment of sleep apnea.

The center has recently added dispensing of durable medical equipment to our range of services with plans to expand this service to patients with a variety of insurance providers. This service allows patients who are prescribed positive pressure-therapy to be fitted for the device on site, receive education about use and take the equipment home, avoiding the need to visit an external location.

Access to clinical trials

UCLA Sleep Disorders Center faculty pursue basic and clinical research aimed at determining the causes of sleep disturbances and identifying successful treatments. A wide range of clinical trials is available to our patients in areas focusing on sleep disordered breathing; sleep- and breathing-induced immune action, which can result in memory and emotional disorders; and brain pathology associated with narcolepsy.

The center also provides education for both professionals and the community designed to increase awareness of sleep-related conditions.

Participating Physicians

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