

Media Contact:
Sophea Vandy Hieam
Sleep Medicine Associates
206-386-4744
Sophea.hieam@gosleep.com

Sleep Medicine Associates Opens New Doors at Swedish – Cherry Hill Campus

Spring Forward – it's National Sleep Awareness Week

March 4, 2008 – SEATTLE – The Sleep Medicine physicians and providers at Swedish Medical Center have transitioned into private practice and adopted a new name – Sleep Medicine Associates. The new medical group, founded by Dr. Ralph Pascualy, longtime medical director of the Swedish Sleep Medicine Institute, will initially operate two centers in the area (Seattle – Cherry Hill and Issaquah), with plans to open several new facilities throughout the region. In addition, the group will provide professional services for the Northwest Hospital Sleep Center, located on the Northwest Hospital & Medical Center campus. Cooperating closely with Swedish and Northwest Hospital, Sleep Medicine Associates is dedicated to offering unparalleled regional access to sleep medicine diagnosis and treatment.

Nearly 50 million Americans suffer from chronic sleep problems and disorders. “Identifying and treating a sleep disorder can cause a dramatic improvement in one’s overall health, safety, relationships and performance – at work, school and in athletics,” said Dr. Ralph Pascualy, director. “Our commitment at Sleep Medicine Associates is to work within the healthcare system to help inform, educate and assist adult and pediatric patients on how to achieve healthy sleep as a way to improve one’s quality of life.”

The newly updated centers will be located on Level “A” of the James Tower - Cherry Hill Swedish Campus and at the Issaquah Swedish Campus. The Northwest Hospital Sleep Center, a brand-new facility, will be located in the McMurray Building on the Northwest Hospital campus. With this move, Sleep Medicine Associates will continue to diagnose and treat the full range of sleep disorders including insomnia, sleep apnea and restless legs with a special interest in diagnosing and treating pediatric patients.

Today's announcement coincides with National Sleep Awareness Week – March 3rd-9th which ends with daylight savings time. According to this year's Sleep in America Poll released today by the National Sleep Foundation and Sleep Medicine Associates, working too much or sleeping too little takes a serious toll on people's professional and personal lives. The poll finds:

- 29 percent of those polled fell asleep or became very sleepy at work in the past month;
- 36 percent have nodded off or fallen asleep while driving
- 20 percent have sex less often or have lost interest in sex because they are too sleepy
- 14 percent have missed family events, work functions and leisure activities in the past month due to sleepiness

For more information about adult or pediatric sleep disorders and treatment, the Sleep in America Poll findings, tips on how to adjust to daylight savings time, or to schedule an interview with Dr. Ralph Pascualy, please contact Sophea Vandy Hieam at 206-386-4744.

About Sleep Medicine Associates

Sleep Medicine Associates is a private practice medical group that diagnoses and treats the full range of adult and pediatric sleep disorders. Its locally trusted experience and nationally recognized excellence make Sleep Medicine Associates the most trusted sleep specialists in the Puget Sound. Visit us at www.GoSleep.com or call us at 206-386-4744.

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