



Directions to Weill Cornell Center for Sleep Medicine

BY CAR: The Weill Cornell Center for Sleep Medicine is at 425 East 61st Street between York and First Avenues on the north side of the street. If coming from the FDR Drive, take the 61st Street exit.

Parking is conveniently located on-site with direct elevator access to the Weill Cornell Center for Sleep Medicine.

BY SUBWAY: Take the 4, 5, 6, N, R, or W trains to the 59th Street/Lexington Avenue Station. Walk two blocks north to 61st Street and approximately four blocks east to get to 425 East 61st Street. Or, take the F train to 63rd Street/Lexington Avenue. Walk two blocks south to 61st Street and approximately four blocks east to get to 425 East 61st Street.

BY BUS: Via York Avenue, take the M31 to 61st Street. The M31 runs down York Avenue and then turns west onto 57th Street. The M57 runs east/west on 57th Street; take the M57 to York Avenue. Walk four blocks north and then left onto 61st Street. Via First Avenue, take the M15 to 61st Street.

WEILL CORNELL CENTER FOR SLEEP MEDICINE

LOCATION:

NewYork-Presbyterian Hospital
Weill Cornell Medical Center
425 East 61st Street, 5th Floor
New York, NY 10065

CONTACT US:

Telephone: (646) 962-7378
Fax: (646) 962-0455
Website: www.weill.cornell.edu/sleepcenter



Weill Cornell Medical College

NewYork-Presbyterian
Weill Cornell Medical Center

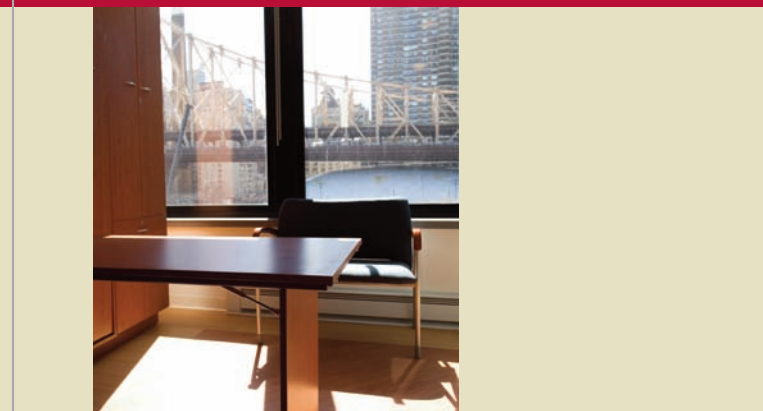
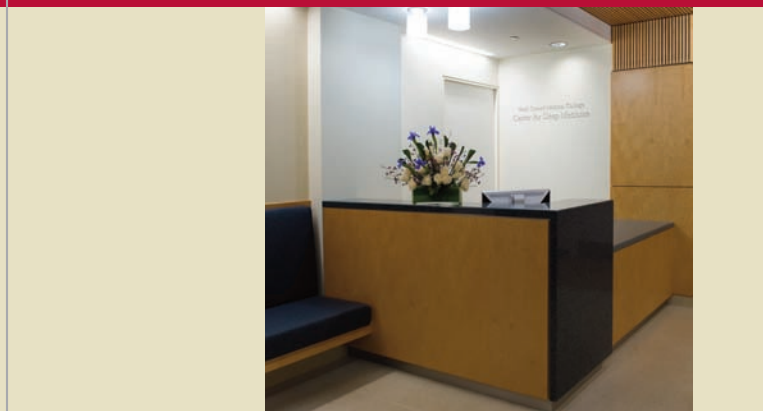


WEILL CORNELL CENTER FOR SLEEP MEDICINE



SOUND AND RESTFUL SLEEP is fundamental to our health and well-being. For millions of Americans, though, sleep is regularly interrupted or insufficient. People who get too little sleep often have problems performing their daily activities. They may be drowsy, exhausted, and irritable during the day, and have difficulty concentrating. Over time, untreated sleep disorders can lead to a higher risk of hypertension, diabetes, obesity, depression, heart attack, and stroke.

At Weill Cornell's relocated and newly expanded, state-of-the-art Center for Sleep Medicine, our multi-disciplinary team is expert at evaluating the full range of sleep problems. Sleep disorders may arise from multiple causes, including underlying medical or psychiatric conditions, airway narrowing, altered sleep habits, medication side effects, or stress of everyday life.



The Weill Cornell Center for Sleep Medicine is committed to prompt and effective communication with our patients and their primary care or other physicians and is dedicated to providing the highest level of personalized care.

Sleep Disorders

The sleep disorders outlined below originate from a variety of biological, psychological, and behavioral factors. The sleep specialists at the Center for Sleep Medicine work together as a team, using their combined expertise and the most advanced sleep monitoring equipment to diagnose these disorders and determine the most effective treatment. When indicated after initial evaluation, they have immediate access to the full array of renowned specialist of the Weill Cornell Physicians Organization and NewYork-Presbyterian Hospital to coordinate a treatment plan.

Sleep disorders include:

- Sleep-disordered breathing (sleep apnea)
- Insomnia
- Restless legs syndrome (RLS)
- Narcolepsy
- Parasomnias
- Circadian rhythm sleep disorders
- Disorders of excessive sleepiness

Diagnostic Procedures

SLEEP STUDIES: A sleep study, also called polysomnography (PSG), is the principal means of both diagnosing sleep disorders and determining the effectiveness of treatment. Sleep specialists place several noninvasive electrodes on the skin and scalp and use sophisticated monitoring equipment to record changes in brain activity, respiration, oxygen levels, heart rhythm and muscle activity in the face, arms and legs during sleep. In selected cases, night-time and daytime testing are indicated and performed in sequence over one 18-hour session.

- **Overnight sleep study:** After arriving at the Weill Cornell Center for Sleep Medicine, patients go to sleep at their normal sleep schedule. Patients spend the night in one of our comfortable private monitoring rooms, wake up at their usual time, and have the option to have breakfast at a nearby restaurant, returning if necessary for a daytime sleep study.
- **Daytime study:** A patient's degree of drowsiness and/or wakefulness during the day is measured using specific tests such as the MSLT (multiple sleep latency test) or MWT (maintenance of wakefulness test). During MSLT and MWT, specific procedures are performed that quantify sleepiness and assess for particular sleep disorders.

Treatments for Sleep Disorders

Sleep disorders can arise from a variety of underlying causes. Depending on the source of the problem, treatment approaches can include devices that support breathing during sleep, medications, surgery, and behavioral therapy.

Patients diagnosed with sleep-disordered breathing are often equipped with a specialized mask to wear while they sleep. We ensure that patients are fitted with a comfortable mask that provides an appropriate seal for the positive air pressures during a special training session. One of the main treatments for sleep disordered breathing is CPAP (continuous positive airway pressure), in which the mask is connected to an air pressurizer, a small machine that generates air pressure slightly above the atmospheric pressure. The mask is fitted so that it covers either the nose or nose and mouth. When the system is sealed, it increases the pressure in the throat so that it remains open, allowing the patient to breathe normally throughout the night. Patients with sleep apnea related to obesity, heart failure, or a neuromuscular disease may be equipped with a more complex system called BIPAP (bi-level positive airway pressure), which supplements the breath with each inhalation. We also offer treatment with equipment called adaptive servo ventilation. This advanced device analyzes the breathing pattern and provides or withdraws treatment according to each patient's needs, using specific guidelines established by our sleep specialists.

For Referring Physicians

When you refer a patient to us for diagnostic tests or treatment, Weill Cornell Center for Sleep Medicine promises timely and thorough communication, and prompt diagnosis and treatment planning. We make every effort to ensure that patients are seen by the appropriate specialist on their initial visit. We have expanded our facilities and our staff to enable us to care for more patients more expeditiously. While sleep studies are complex and require comprehensive analysis and evaluation, we promptly communicate the studies' results to your office. If your patient has an urgent problem and needs immediate attention, please feel free to reach our medical staff anytime at our new number, 646-962-7378. Study request forms can be sent by fax to 646-962-0455.

Clinical Trials and Education

Our team is committed to advancing sleep science and to educating and training the next generation of sleep specialists. Our specialists participate in ongoing research studies supported by the National Institutes of Health and other grant-giving institutions. In this way they have access to the most cutting-edge diagnostic and therapeutic modalities to help patients with even the most difficult sleep disorders.