

WHAT IS A SLEEP STUDY?

A sleep study is part of a comprehensive evaluation of sleep problems. During a sleep study, a patient will spend the night in a private "bedroom" at the sleep center. The patient will have brain wave activity and body systems monitored throughout the night by a technician who remains outside the room at a control center. Most patients find it similar to sleeping in a hotel and are able to fall asleep quite easily. After a sleep study is completed, our physicians will interpret the results and prepare an individualized treatment plan.

HOW DO I GET REFERRED TO THE CENTER FOR SLEEP MEDICINE?

Consultations with the center's medical staff can be arranged by calling us directly or through a referral from your primary care physician.

DO CHILDREN HAVE SLEEPING DISORDERS?

Sleep disorders are common among children as well as adults. In children, sleep disorder symptoms differ from adults and are often linked to hyperactivity, poor school performance, and ADHD. The Center for Sleep Medicine is expert in treating children as well as adults and can evaluate and treat anyone one year of age or older.

DOES MY INSURANCE COVER A SLEEP STUDY?

Sleep testing is covered by most insurances including Medicare, but you should always verify coverage with your provider ahead of time.

TESTING & CONSULTATION HOURS

Monday through Friday: 8 a.m. - 4 p.m.
Monday through Thursday: 7:30 p.m. - 8 a.m.

Consultations are also available evenings and Saturdays by appointment only.



capitahealth

Minds Advancing Medicine

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**THE CENTER FOR
SLEEP MEDICINE AT
CAPITAL HEALTH**



capitahealth

Minds Advancing Medicine

capitalhealth.org

The Capital Health Center for Sleep Medicine is the largest, fully accredited center in Mercer and Bucks counties and has provided comprehensive evaluation and treatment for sleep disorders for over 20 years.

Using the latest technology available, we provide testing and treatment for the entire range of sleep disorders in adults and children – all in a comfortable setting that includes:

- 14 private sleeping rooms
- Individual bathroom and shower facilities
- Flat screen TVs with DVD players
- WiFi for wireless internet access
- Complimentary breakfast

For additional convenience, physicians are available for appointments at either of our two locations in Hamilton and Trenton.

WHAT ARE SOME COMMON SLEEP DISORDERS?

- Sleep Apnea – Pauses in breathing associated with snoring, gasping for breath, and unrefreshing sleep
- Narcolepsy – Excessive sleepiness during the day which can be associated with involuntary napping
- Insomnia – Difficulty falling asleep or staying asleep
- Parasomnias and nocturnal seizures – Sleepwalking or other unusual body movements during sleep

WHY CAPITAL HEALTH?

Our sleep center meets the most stringent quality standards in the industry. Our physicians are board certified in sleep medicine and primary medical specialties, which means they're trained to diagnose and treat the full array of sleep disorders in adults and children. Since many patients suffer from more than one sleep disorder, comprehensive evaluation and follow-up is our focus.

In addition, our center is the only area facility equipped to perform neurological monitoring for complex conditions such as nocturnal seizures.

Many sleep centers only offer nighttime testing primarily for sleep apnea. We are fully staffed during the day and night to provide testing and treatment for the entire range of sleep disorders. Our experienced physicians and board registered sleep technologists ensure our patients receive the highest quality care.

DO I HAVE TO TAKE A DAY OFF FROM WORK OR SCHOOL FOR A SLEEP STUDY?

Testing is generally performed at night without interruption of a patient's daytime responsibilities. However, after a patient has been diagnosed and a treatment plan has been formalized, our convenient daytime hours allow us to continue working with the patient during the treatment phase to provide follow-up care that is crucial to the patient's understanding of sleep disorders and all treatment options.

OUR STAFF



DEBRA DE LUCA, MD, is the medical co-director of the Center for Sleep Medicine and is board certified in sleep medicine, neurology and clinical neurophysiology.



MARCELLA FRANK, DO, FCCP, FACP, is the medical co-director of the Center for Sleep Medicine and is board certified in sleep medicine, internal medicine and pulmonary disorders.



MANISH GUGNANI, MD, FCCP, is board certified in sleep medicine, pulmonary medicine, internal medicine, and critical care medicine.



ROCHELLE ZOZULA, PHD, is a behavioral sleep medicine specialist available for consultation and is a diplomate of the American Board of Sleep Medicine.