

LoboCare_{network}

physicians for the whole family

sleep disorders center

Service Lines:

The Sleep Disorders Center at the University of New Mexico offers a full range of clinical sleep services and is organized into the following sections:

- Adult Sleep Medicine
- Pediatric Sleep Medicine
- Inpatient Pediatric Sleep Medicine
- Sleep Laboratory Services

Specialty Programs:

The Sleep Disorders Center offers comprehensive clinical care for adult and pediatric sleep disorders. Symptoms of these disorders include snoring, pauses in breathing during sleep, daytime sleepiness, restless legs, abnormal behaviors during sleep, and difficulty falling and/or staying asleep. The program combines a state-of-the-art outpatient sleep laboratory, the only inpatient sleep laboratory in the state of New Mexico, a sleep medicine office practice and trained medical and technical staff dedicated to the diagnosis and treatment of sleep/wake disorders in adults and children. Originally established in 1983 as the first comprehensive sleep disorders center in New Mexico, the program is staffed by sleep medicine experts from the fields of adult pulmonary medicine, geriatrics/internal medicine, neurology and pediatric pulmonary medicine. All are teaching faculty at the University of New Mexico School of Medicine. Additional faculty in otolaryngology, psychiatry, cardiology and other specialties as needed provide consultative support.

A sleep study or *polysomnogram* is the standard test used to evaluate the quality of a patient's sleep and identify breathing problems or other abnormalities during sleep. Patients sleep in a comfortable, private room during their usual sleep period. Measurements include "brain waves" (EEG) collected using small electrodes placed on the scalp; breathing by means of sensors at the nose, mouth and on the chest and abdomen; oxygen level using a sensor that clips to a finger; an EKG (heart rhythm) recording from small electrodes on the chest and continuous video recording. A technologist is constantly in attendance from a remote recording room in the laboratory and may be immediately summoned for any necessary assistance.

The center has a national accreditation by the American Academy of Sleep Medicine. This accreditation assures that the highest standards of care and testing are met. The accreditation differentiates us from other non-accredited labs in that we provide comprehensive care including a medical evaluation visit before any testing to determine if a sleep study is needed, performance of any indicated sleep testing, follow-up medical care and ongoing assistance with medical equipment and other treatments that the patient may need. Consistent with the academic mission of the University of New Mexico, the University Hospital Sleep Disorders Center also participates in clinical research, thus ensuring that our program remains a national leader in the care of sleep/wake disorders.

Contact Information:

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