

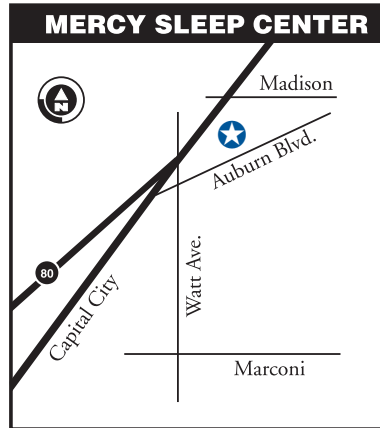
A Good Night's Sleep

Sleep is essential for all of us to maintain a healthy lifestyle. When we don't get enough sleep, we can feel worn out, stressed and unable to function normally. Fatigue can affect your work, your play and your family life.

The good news is that in most cases, sleep disorders can be easily managed once they are properly diagnosed and treated.

About Catholic Healthcare West

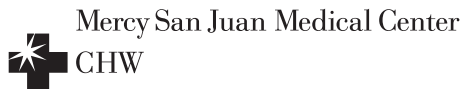
Catholic Healthcare West (CHW), headquartered in San Francisco, is a system of 40 hospitals with more than 7,500 physicians and 40,000 employees throughout California, Nevada and Arizona. In the Sacramento area, CHW operates Mercy General Hospital, Mercy San Juan Medical Center, Methodist Hospital of Sacramento, Mercy Hospital of Folsom, Woodland Healthcare, Sierra Nevada Memorial Hospital and MedClinic Medical Group (a service of CHW Medical Foundation), as well as Mercy Home Health, Hospice and Lifeline. In fiscal year 2004, CHW provided more than \$566 million in charity care and unsponsored community benefit. For more information, please visit our Web site at mercysacramento.org.



Mercy Sleep Center

3808 Auburn Blvd., Suite 54
916.979.0347 phone
916.979.0355 fax

*The Mercy Sleep Center is
accredited by the American
Academy of Sleep Medicine*



Mercy Sleep Center



Treating sleep disorders

Good night, sleep tight, sweet dreams

Community leader in sleep therapy

Mercy San Juan Medical Center is a community leader in sleep disorder testing and treatment. Since 1986, the Mercy Sleep Center has served thousands of area patients. The Mercy Sleep Center is accredited by the American Academy of Sleep Medicine and treats a variety of sleep disorders including sleep apnea, narcolepsy, periodic limb movements and insomnia.

Working together with your primary care doctor or referring specialist, the Mercy Sleep Center provides diagnosis and treatment to help you maintain healthier sleep, and improve your quality of life.

Expert care

Under the leadership and clinical expertise of Medical Director Richard Stack, MD, who is board certified in sleep medicine, the Mercy Sleep Center provides a large staff of registered technologists and the latest digital equipment available.

At the Mercy Sleep Center, we offer our patients prompt scheduling and



test results. The number of recordings done for sleep studies varies for each person, but for most patients, diagnosis and treatment can be completed in one night or day. Our sleep study patients are monitored constantly from an adjoining room by trained sleep technologists. We also offer a comprehensive education and follow-up program to help our patients manage their sleep disorders on an ongoing basis.



Restful environment

The Mercy Sleep Center is designed with our patients' comfort in

mind. We combine our clinical expertise with pleasant and relaxing surroundings. Attention to detail, decorative furnishings and warm colors enhance our cozy bedrooms.

Each of our rooms also includes a bed with either adjustable firmness or elevation, so our patients can select their own comfort level. In addition, there is a shower available for those who would like to leave ready for work or other activities.

For patients requiring additional daytime testing, we provide rooms equipped with modem hook-ups for laptop computers, a television and kitchen facilities.



Janice Herrmann, Sleep Center Coordinator, and Richard Stack, MD, Medical Director.

Convenient access

With a continuing increase in community demand, the Mercy Sleep Center outgrew its home at Mercy San Juan Medical Center and moved to its own convenient location, expanding to serve more patients with sleep disorders. Today, the Mercy Sleep Center includes eight bedrooms, allowing up to 56 patients to be tested each week. The center provides convenient access off Interstate 80 for patients from both the greater Sacramento area and foothill communities.

Insurance coverage

Sleep disorder testing is covered by most insurance plans, including Medicare. If you have any questions about your health insurance coverage, contact your insurance plan representative. Our Sleep Center staff is also available to assist you with your insurance coverage questions.