

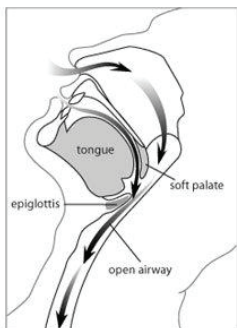


LOCAL SPECIALISTS. NATIONAL REPUTATIONS.

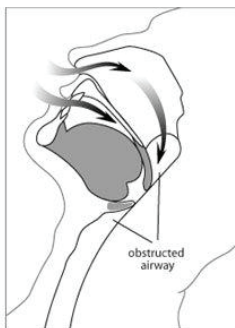
Sleep Apnea Education & Support

We are one of the few centers offering an education and support program for sleep apnea patients in the Portland-metro area. Studies have shown that support and education groups significantly improve long-term compliance with Positive Airway Pressure Therapy using CPAP/BPAP.

BRIDGES (Better Rest Is Dependant on Getting Education and Support) sleep apnea support groups meets monthly, giving our patients the opportunity to attend a meeting within weeks of starting CPAP/BPAP therapy. Meetings are conducted by our registered sleep technologists with 30 minutes of each meeting dedicated to an educational topic related to sleep apnea treatment.



Normal inhalation while sleeping



Person with sleep apnea

Our Commitment

Our physicians are dedicated to the practice of evidence-based medicine with special attention to the highest quality of care for patients. We believe the relationship between patients and the sleep specialist is important. In accordance with AASM guidelines, all patients are seen in consultation prior to any diagnostic testing.

Our four bed state-of-the-art sleep center is conveniently located within our clinic. Rooms are equipped with private baths, flat panel TVs and DVD players.

We are committed to staffing the sleep center with well-qualified, dedicated staff that maintain the highest level of patient care and physician-directed treatment.



ACCREDITED MEMBER CENTER

PULMONARY, CRITICAL CARE & SLEEP MEDICINE DIVISION

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THE OREGON CLINIC SLEEP CENTER

Comprehensive Sleep Evaluations and Follow-Up Care • Nationally Accredited by the American Academy of Sleep Medicine



PULMONARY, CRITICAL CARE & SLEEP MEDICINE



THE OREGON CLINIC SLEEP CENTER

OUR PROFESSIONAL SERVICES

Common Sleep Disorders

- Insomnia
- Parasomnias
- Restless Leg Syndrome (RLS)
- Sleep Apnea (OSA)
- Sleep Apnea in other conditions
- Excessive Daytime Sleepiness (EDS)
- Snoring

Diagnostic and Treatment Services

- Attended Polysomnography (PSG)
- CPAP/BPAP/ASV/AVAPS Titration
- Multiple Sleep Latency Test (MSLT)
- Maintenance of Wakefulness Test (MWT)
- Home Sleep Testing (HST)

Appointments with sleep technologists are available to assist patients with PAP therapy issues.

It Shouldn't Be Hard Work to Get a Good Night's Sleep

Nearly 70 million people in America suffer from a sleep problem. Up to 80% of sleep apnea sufferers have yet to be diagnosed.

Untreated sleep disorders and sleep deprivation is estimated to cost Americans 100 billion dollars each year. An estimated 1,000,000 police-reported accidents, 1,550 fatalities, and 71,000 injuries were caused from drowsy drivers.

Normal sleep is a restorative process that allows a person to live a healthy, productive life. Suffering from a sleep disorder can be debilitating. Studies have shown links between sleep apnea, heart disease, diabetes, and other metabolic disease.

Sleep Center Staff

Michael Lefor, MD, DABSM

Dr. Lefor serves as our medical director. He received his medical degree from OHSU in 1996 and completed his Pulmonary, Critical Care and Sleep Medicine fellowship from the University of Utah in 2002.

Louis Libby, MD, DABSM

Bill Bowerfind, MD, DABIM

Asha Chesnutt, MD

Joshua Ramseyer, MD, ABPN

Elke Schoen, NP

Caitlin Conrad, PA-C

In a manner that is consistent with the recommendation of the American Academy of Sleep Medicine, all patients referred for sleep testing will be provided a comprehensive sleep evaluation by one of our physicians, followed by appropriate testing and treatment, which may include polysomnography.

Referral forms are available but not necessary. Please fax your referral request, medical history and insurance information to (503) 963-3141. Most insurance plans are accepted.



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