



United Sleep Medicine opens innovative Insomnia Clinic in SouthPark

July 11, 2011:CHARLOTTE,NC – United Sleep Medicine, one of the region’s leading sleep medicine groups, with a multi-faceted approach to treating sleep disorders, has opened an Insomnia Clinic. “Because a third of our nation deals with chronic insomnia, many in our patient population suffer from the effects of sleep deprivation,” said Susie Hurley, BSN, DNP, the Insomnia Clinic administrator. “Insomnia can be defined as when a person has a problem falling asleep and/or staying asleep more than two times per week, for at least one month. People with insomnia may complain of daytime sleepiness, fatigue, concentration difficulties, irritability, or falling asleep during the day”.

The Insomnia Clinic at United Sleep Medicine is the only multi-disciplinary clinic in this region completely focused on helping patients with Insomnia. “There’s no debate that our population is over-medicated, and we don’t want to add to the problem,” Hurley says. “Our sleep treatment has been clinically proven to produce the best possible outcomes. We have quantitative evidence that our approach works in helping people get the sleep they need.”

Those seeking treatment for insomnia are provided individualized evaluations and treatment plans (usually 5-8 weeks) that include cognitive behavioral therapy and holistic approaches in addition to, and in some cases in lieu of, traditional medicine.

United Sleep Medicine’s Insomnia Clinic is different than other sleep disorder clinics in North and South Carolina because:

- We focus on the cause, or root, of the problem of why people can't sleep;
- Our expert team work with clinically proven strategies to help get people back to sleep, in addition to, or in lieu of, medications;
- Our unique approach will help people re-gain control of their lives by getting the restful sleep they need.

The clinic, located at 5821 Fairview Road, Suite 409, is accepting patients and can be reached at [704-377-5337](tel:704-377-5337).

Susie Hurley, BSN, DNP, joined the United Sleep Medicine staff from SleepMed

in Columbia, S.C., where she worked as a provider for patients with various sleep disorders and also in clinical research for sleep. Susie recently completed education and training in behavioral sleep medicine by the American Academy of Sleep Medicine.

United Sleep Medicine's Insomnia Clinic accepts most major health insurance plans.

United Sleep Medicine (www.unitedsleepmedicine.com) was founded in 1998 with a singular focus on sleep medicine, which has allowed the practice to grow from a single sleep lab in Charlotte to a leading provider of sleep services nationwide. United Sleep Medicine's Sleep Lab Management Services division has assisted numerous hospitals and physician groups develop their sleep center services. United Sleep Medicine, with offices in Charlotte, Albemarle, Concord, Fayetteville and Monroe, is an accredited member center of the American Academy of Sleep Medicine.