

Sleep Success Story - Insomnia Clinic

Fall 2011



“I know that Sleep is the foundation of My Health!”

“I strongly encourage anyone to call the Insomnia Clinic if they are having any type of insomnia issues!”

Sleep issues for years!

Carrie Scott has dealt with a lot in her thirty-one years. For her entire life, she has never remembered sleeping well or waking rested. At age 14, she began to suffer from chronic migraines in addition to continued pediatric sleep disorders. And then in 2002, she was involved in a car accident that resulted

“Dr. Rinn encouraged me to give The Insomnia Clinic a try as a possible solution other than more medication”

in a traumatic brain injury. As she recovered from the accident, Carrie noticed that the more her sleep “got out of whack” the more everything else hurt. She began to see Dr. Rinn at United Sleep Medicine regularly. Although her sleep issues have significantly improved under Dr. Rinn’s care, when she asked Carrie to enter the program at the Insomnia Clinic, Carrie did not hesitate.

“Dr. Rinn encouraged me to give it a try as a possible solution other than more medication. I stayed on my meds, but

going through the program has maximized the effectiveness.”

At the Insomnia Clinic, Carrie learned about how important sleep is to overall health. She also had to re-train her circadian rhythms so that sleep would be restful and restorative. She admits the hardest part was making herself go to bed and wake up within the same time range every single day. But she did.

“Now at 8 o’clock every night, the TV and computer go off, along with any strong lights. I tell my brain to turn off its stress, too. My body understands then that we are gearing down for a good night’s sleep,” Carrie tells us.

Carrie also appreciated learning how to balance the sleep she needed with the demands of life, and how sleep myths were separated from sleep facts for her.

Grogginess is gone!

After only two weeks in the program, Carrie began to see some improvement—which is huge considering she suffered from insomnia her entire life. Now after the full six weeks, Carrie reports both the quantity and quality of her sleep allow her to wake up rested, refreshed and wondering how much she can accomplish that day.

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Sleep Success Stats

Name :

Carrie Scott, age 31

Sleep Issues:

Sleep Issues since age 2

Persistent daytime fatigue

Restless sleep

Migraines

Days and nights out of sync

Never feeling rested

Diagnosis:

Non-specified Chronic Insomnia

Restless Leg Syndrome

type of insomnia issues at all.”

“Now I no longer go to bed ridiculously early and wake up still groggy. I wake up feeling rested, and I’ve never been able to say that before. It’s just incredible.”

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