



FOR IMMEDIATE RELEASE
Feb. 23, 2010

CONTACT: Alicia Moorehead
Williamson Medical Center
615.435.5353

Williamson Medical Center expands Sleep Center

FRANKLIN, TENN. – The number of Americans with sleep disorders is rapidly increasing and Williamson Medical Center is helping address the health issue by expanding The Sleep Center at Williamson Medical Center. The new, convenient facility in suite 309 of Williamson Tower doubles the number of previous beds and makes patient comfort a priority while treating sleep disorders such as sleep apnea.

“Those who don’t get quality sleep pay a price,” says pulmonologist and sleep medicine physician Aaron Milstone, M.D. “Lack of sleep causes memory problems, decreased concentration and difficulty with cognitive tasks. Left untreated, sleep disorders can lead to serious health issues including high blood pressure, stroke and heart attack.”

Credentialed sleep physicians and registered technologists at The Sleep Center use the latest technology in sleep medicine to diagnose and treat patients for a variety of disorders. The Sleep Center places emphasis on patient comfort in a quiet, home-like setting to help ensure proper diagnosis. Staff monitors patient brain activity, oxygen levels, movement of arms and legs, and other indicators during overnight stays. Daytime nap studies that help diagnose narcolepsy are also available.

Common symptoms of sleep disorders include snoring loudly, waking up gasping for breath, waking up with a headache, having trouble concentrating during the day, kicking and jerking while sleeping or falling asleep during the day. To schedule a consultation with a sleep medicine physician or to learn more about The Sleep Center at Williamson Medical Center, call 615.435.7720 or visit williamsonmedicalcenter.org.

Williamson Medical Center, a 185-bed hospital fully accredited by The Joint Commission, provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital

offers a wide range of wellness services, screenings and classes. For more information about Williamson Medical Center, visit www.williamsonmedicalcenter.org.

###