

# GREAT SLEEP IS WITHIN REACH

Better sleep means better health, and Sleep Center Hawaii helps patients rest easy.



Gabriele M. Barthlen, M.D.,  
Ph.D., FAASM

Everyone knows how it feels to struggle after a poor night's sleep. But habitually getting less than a good night's rest can lead to larger, potentially life-threatening problems. When patients have a tough time staying asleep, they shouldn't just "sleep on it," says Gabriele M. Barthlen, M.D., Ph.D., FAASM. Insomnia, she warns,

may be a symptom of an underlying serious health condition.

"Our patients often come in exhausted. They snore at night, stop breathing, and may get kicked out of the bedroom by their partners," says Dr. Barthlen, a neurologist and board-certified sleep medicine physician credentialed by the American Academy of Sleep Medicine (AASM).

Medical director and owner of Sleep Center Hawaii, Dr. Barthlen says untreated sleep conditions have been associated with high blood pressure, heart attacks, weight gain, diabetes, marital discord, and even premature death. But at Sleep Center Hawaii, fully accredited by the AASM, a sleep study can uncover underlying conditions and help patients return to normal life.

## How It Works

Most patients are first evaluated at Sleep Center Hawaii by certified sleep specialists. Though sleeping away from home under the supervision of a medical team might sound strange, Sleep Center Hawaii puts patients at ease, providing large beds in comfortable, private rooms that feel more like a hotel than a sleep lab. Expert sleep technicians watch over patients all night.

Patients stay in one of the center's comfortable bedrooms.



Through 16 channels and video recording, they monitor patients' sleep-wake cycles, brain waves, awakenings, REM sleep, breathing, oxygen levels, and body movements.

"Patients may ask, 'How could I sleep with all that equipment on?' But they are usually so tired, they fall asleep fast," says Dr. Barthlen. "Typically, we can pin down a patient's sleep problem within the first few hours, and patients may get started on treatment that same night."

Sleep apnea, a medical condition as common as diabetes, is just one condition Sleep Center Hawaii treats, but it impacts the majority of the center's patient population. Triggered by a collapse of the upper airway with resulting breathing pauses, sleep apnea can be detrimental to health, resulting in severe stress on the heart, brain, and blood vessels. Treatment is simple: compressed air. A small CPAP (continuous positive airway pressure) device opens the airway for patients to breathe easily.

Sleep Center Hawaii also manages other sleep disorders including insomnia, bruxism, narcolepsy, sleep walking, and restless legs.



The Aiea location staff.

## A Heart for Sleeping Well

With locations in Aiea, Hilo, Kona, and Guam, making it the largest sleep clinic in the Pacific, Sleep Center Hawaii's qualified staff is helping patients rest easy—a passion Dr. Barthlen says is personal.

"We had several deaths in my family due to untreated sleep apnea, and that steered me to study sleep medicine," she says. But what drives her passion now is the gratification she sees in patients as well as her staff.

"Our patients often come in ragged, but they leave with a smile. Their family is usually happier, they feel great, and their job performance and driving often improve. Nothing makes us happier than changing lives for the better," she says.



SleepCenterHawaii.com  
GuamSleepCenter.com  
Hawaii: 808-456-REST (7378)  
Guam: 671-647-6669