



NEWS RELEASE

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For Immediate Release

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Galion Hospital Sleep Clinic Earns Accreditation

GALION – Galion Community Hospital has received congratulations from the American Academy of Sleep Medicine (AASM) on achieving full accreditation by the Academy for the Galion Community Hospital Sleep Center. Accreditation for a full-service sleep center ensures that the center is able to deal professionally and according to national standards for the treatment and evaluation of a wide range of sleep disorders.

Because of rapid growth in the field of sleep disorders, professional basics in this new area are scattered and inconsistent. As part of its mission, the AASM strives to establish recognized standards for the evaluation and treatment of sleep disorders. Its parent organization is the Association of Professional Sleep Societies (APSS), which also includes the Sleep Research Society (SRS). The AASM also heavily encourages consumers to look carefully in finding a qualified sleep specialist. Currently, there is a list of accredited sleep specialists on the American Board of Sleep Medicine Web site, or patients may call (507) 287-9819.

Galion Community Hospital's Sleep Center has been in existence for five years and specializes in the diagnosis and treatment of sleep disorders. Joanne Schwartz, Sleep Center Manager, has been with the Center since its inception. "Daytime sleepiness, disturbed or poor sleep is not normal. Napping, in attempts to catch up on feeling sleepy, may be indicative of poor quality sleep," she states. "Often it is a loved one that notices tell-tale symptoms such as snoring, or that their spouse gasps for air during the night. Today, there's help for many sleep disorders --- there are over 80 recognized problems --- and it's so convenient to have the only accredited sleep center in Crawford County right here at Galion Community Hospital."

Schwartz went on to explain, "Finding the source of a sleep problem may require a sleep study, which is a little like spending a night in a hotel; it's just that you are hooked up with several sensors attached to your body so that your sleep can be monitored. Most people actually fall asleep quickly. A sleep study is often the first step to effective treatment." The Center's staff includes four highly trained technologists with 18 years of combined experience in the field of sleep medicine. Physicians Dr. Sunil J. Vaidya and Dr. Robert A. Denton, who are specialists in sleep medicine, provide medical consultation. For additional information, please call the sleep lab directly at (419) 468-0864.

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