

# About Us

## Our Mission

We are dedicated to connecting individuals experiencing sleep disturbances with expert sleep care professionals and accredited clinics nationwide. Whether you're struggling with insomnia, restless legs, sleep apnea, or other sleep-related disorders, our comprehensive directory of over 4,000 verified sleep clinics makes it easy to find qualified sleep specialists in your area. We believe that quality sleep is fundamental to health and well-being, and everyone deserves access to professional care that can help them achieve better sleep and improved quality of life.

## Why Choose Us

### Comprehensive Database of Verified Sleep Care Providers

Our directory features more than 4,000 sleep clinics across the United States, each carefully verified to ensure you're connecting with legitimate, professional healthcare providers. We've done the research so you don't have to, compiling the most extensive database of sleep medicine specialists, sleep disorder centers, and AASM-accredited facilities available online.

### Easy-to-Use Search and Filtering Tools

Finding the right sleep clinic near you has never been easier. Our intuitive search functionality allows you to filter by location, specific sleep disorders treated, available services, AASM accreditation status, and patient reviews. Whether you need treatment for insomnia, circadian rhythm disorders, sleep deprivation, hypersomnia, or other conditions, you can quickly identify clinics that specialize in your particular needs.

### Detailed Information About Each Clinic and Specialist

Every listing in our directory includes comprehensive details to help you make an informed decision:

- **Full Contact Information:** Phone numbers, fax numbers, email addresses, website URLs, and physical addresses for every clinic
- **Google Maps Integration:** Direct access to directions and location mapping
- **Services Offered:** Complete list of diagnostic tests, therapies, and treatments available, including cognitive behavioral therapy for insomnia (CBT-I), sleep studies, CPAP therapy, and more
- **Sleep Disorders Treated:** Detailed information about conditions addressed, from common issues like sleeplessness and pregnancy insomnia to complex conditions like delayed sleep phase syndrome and familial insomnia

- **AASM Accreditation Status:** Clear indication of which facilities are accredited by the American Academy of Sleep Medicine, ensuring the highest standards of care
- **Hours of Operation:** Know exactly when each clinic is open to schedule your appointment
- **Patient Reviews:** Real feedback from individuals who have received care at each facility
- **Clinic Photos:** Visual information to help you familiarize yourself with each location

## **Direct Access to Contact Information and Directions**

No more navigating through multiple websites or waiting on hold to find basic information. Every clinic profile provides immediate access to phone numbers, addresses, and one-click directions via Google Maps. Whether you're searching for a "sleep doctor near me" or need to find an urgent care center that treats sleep problems, our platform puts all the information you need at your fingertips.

## **Get Better Sleep**

Sleep disorders affect millions of Americans, but quality care is available. Whether you're dealing with insomnia, sleep apnea, restless legs syndrome (RLS), or other sleep-related issues, our directory can help you find the right specialist to address your needs.

## **Understanding Sleep Disorders**

Sleep problems manifest in many forms and can significantly impact your daily life. Chronic insomnia and sleeplessness can lead to sleep deprivation effects that compromise your health, productivity, and mental well-being. Conditions like sleep apnea can pose serious health risks if left untreated. Sleep walking, night terrors, and other parasomnias can disrupt not just your sleep but your entire household's rest. Understanding your sleep disturbance is the first step toward finding effective treatment.

## **Evidence-Based Treatment Options**

Modern sleep medicine offers numerous proven treatments tailored to specific conditions. For insomnia, cognitive behavioral therapy for insomnia (CBT-I) has been shown to be highly effective, often providing better long-term results than medication. For sleep apnea, continuous positive airway pressure (CPAP) therapy remains the gold standard. Other insomnia treatments include medications like Belsomra, sleep hygiene education, and light therapy for circadian rhythm disorders.

## **Specialized Care for Every Need**

Sleep disorders during pregnancy require special attention, and our directory includes clinics experienced in treating pregnancy insomnia and other maternal sleep issues. We also list facilities that specialize in pediatric sleep medicine, helping families address childhood sleep problems early. For shift workers struggling with delayed sleep phase syndrome or other circadian rhythm disruptions, we can connect you with specialists who understand the unique challenges of non-traditional sleep schedules.

## The Importance of Professional Diagnosis

While sleep apps, relaxing music for sleep, binaural beats, deep sleep music, and meditation for sleep can be helpful tools, they're not substitutes for professional medical evaluation when you have persistent sleep problems. If you find yourself thinking "I can't sleep" night after night, or if your sleep debt is accumulating, it's time to consult with a qualified sleep specialist. Many sleep disorders have underlying medical causes that require professional diagnosis and treatment.

## AASM Accreditation: Your Assurance of Quality

The American Academy of Sleep Medicine (AASM) sets rigorous standards for sleep medicine facilities. AASM-accredited centers meet comprehensive requirements for equipment, personnel qualifications, and procedures, ensuring you receive care that adheres to the highest professional standards. Our directory clearly identifies which facilities hold this prestigious accreditation, making it easy to choose clinics that have demonstrated their commitment to excellence in sleep medicine.

## Why Professional Sleep Care Matters

Sleep is not a luxury—it's a biological necessity as vital as nutrition and exercise. Untreated sleep disorders can contribute to serious health conditions including:

- Cardiovascular disease and hypertension
- Diabetes and metabolic disorders
- Depression and anxiety
- Cognitive impairment and memory problems
- Weakened immune function
- Increased accident risk

When you can't sleep or experience chronic sleep disturbances, your entire quality of life suffers. Relationships strain, work performance declines, and enjoyment of daily activities diminishes. Professional treatment can break this cycle, helping you achieve sound sleep and restore your health and vitality.

## How Our Directory Helps You

Finding quality healthcare shouldn't be complicated. We've eliminated the frustration of searching through scattered resources, outdated listings, and incomplete information. With over 4,000 verified clinics, comprehensive details for each location, and user-friendly search tools, we've created the most reliable resource for finding sleep care in the United States.

Whether you're looking for a walk-in clinic that treats sleep problems, need to find urgent care for a sleep-related emergency, or want to schedule a comprehensive evaluation at an AASM-accredited sleep center, our

platform provides the information you need to take the next step toward better sleep.

## **Your Journey to Better Sleep Starts Here**

Don't let another night of sleeplessness go by. Don't let sleep debt continue to accumulate. Don't accept sleep deprivation as your new normal. Effective treatment is available, and the right specialist for your needs is waiting to help you achieve the restful, restorative sleep you deserve.

Start your search today and discover how professional sleep care can transform your nights—and your days. Because when you sleep well, you live well.