

FOR IMMEDIATE RELEASE

VALLEY SLEEP CENTER OPENS 5TH LOCATION IN CHANDLER, ARIZONA

PHOENIX, AZ- October 8th, 2010 – Valley Sleep Center announces the opening of their fifth sleep clinic in Chandler, Arizona.

The new clinic is located at 1120 South Dobson Road Building B, Suite 100, Chandler, AZ 85286 and is accepting new patients. Valley Sleep Center recently opened their fourth location in Scottsdale, Arizona, this past October. They also have facilities located in Mesa, Phoenix and Glendale.

Valley Sleep Center is one of the largest independent sleep diagnostics centers in Arizona with the facilities to diagnose and treat a variety of sleep-related issues such as insomnia, sleep walking, snoring, and more.

Patients of Valley Sleep Center have compared a night there to staying in a 5 star resort because of the comfort. Each patient's sleep study is performed in their own private home-like setting with each room containing a bathroom and shower complete with luxurious bedding.

“A sleep study is somewhat like spending a night in a hotel. Patients can watch television, bring a good book or access our wireless internet to help them settle in for the night,” says Lauri. If you're out of your own environment it can be even more difficult to sleep,” That's why we make our sleep centers as comfortable and as much like home as possible.”

Sleep disorders is a huge problem in America. According to the National Sleep Foundation, about 70 million people in the United States experience sleep-associated problems, almost 40 million Americans suffer from chronic sleep disorders, and an additional 20 to 30 million are affected by intermittent sleep-related problems.

One of the most common and dangerous sleep disorders is sleep apnea which affects 1 in 15 people or 18 million Americans total. According to WebMD.com; common symptoms of sleep apnea include:

- Waking up with a very sore and/or dry throat, loud snoring
- Occasionally waking up with a choking or gasping sensation
- Sleepiness or lack of energy during the day
- Sleepiness while driving
- Morning headaches
- Restless sleep
- Forgetfulness, mood changes, and a decreased interest in sex
- Recurrent awakenings or insomnia



EAST VALLEY
4555 E. INVERNESS
BLDG. 3
MESA, AZ 85206

BILTMORE
4141 N. 32ND ST.
SUITE 104
PHOENIX, AZ 85018

ARROWHEAD
6320 W. UNION HILLS
BLDG. B, SUITE 1000
GLENDALE, AZ 85308

CHANDLER
1120 S. DOBSON RD.
BLDG. B, SUITE 100
CHANDLER, AZ 85286

SCOTTSDALE
9767 N. 91ST ST.
BLDG. B, SUITE 104
SCOTTSDALE, AZ 85258

Lack of sleep can be dangerous to oneself and others as well. The National Highway Traffic Safety Administration estimates that drowsiness accounts for 100,000 police-reported automobile crashes each year.

If you suspect you have a sleep disorder, contact your physician.

About Valley Sleep Center:

Since 2002, Valley Sleep Center, accredited by the American Academy of Sleep Medicine, has provided Arizona with diagnostic sleep disorder testing in a home-like atmosphere, ensuring a comfortable, relaxing experience for patients. Their Board Certified Sleep Medicine Specialists consist of experienced and knowledgeable physicians who provide expert advice across a multitude of sleep related disorders including insomnia, sleep apnea, snoring, excessive daytime sleepiness, hypertension, sleepwalking, and pediatric sleep problems. They accept most insurance plans as well as Medicare. For more information contact Lauri Leadley at 480-830-3900; <http://www.valleysleepcenter.com>.

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