



We're Here to Help

If you or someone you care about is experiencing sleep problems, talk to your physician or call the Center for Sleep Disorders at (888) 753-3752 to talk with a referral coordinator. Don't suffer needlessly; sleep disorders are treatable. Read what patients say:

"The staff was very helpful and courteous."

"They explained everything I wanted to know and were very professional."

"The facility is very nice and up-to-date. A homey atmosphere."

"Everything was great. Very comfortable."

"This place has been a lifesaver for me. I am sleeping well for the first time in ten years. Thank you!"



Accredited by the American Academy of Sleep Medicine, the Center for Sleep Disorders is dedicated to helping adults achieve better, more restful sleep.



CENTER FOR SLEEP DISORDERS

854 S. Washington Ave., Suite 150
Holland MI 49423 | hollandhospital.org
888.SLEEPLAB or 888.753.3752



Getting the Sleep You Need





Better Sleep. Better Health.

Sleep is not just a break from your waking hours. A good sleep helps renew the energy you need to be safe and successful throughout the day. Like many people who have received treatment, you can experience the healthful benefits of a good sleep such as:

- Increased energy and stamina
- Lower risk of accidents and injuries
- Positive outlook and more enthusiasm
- Increased mental sharpness and creativity
- Improved relationships
- Other overall health benefits



Getting the Sleep You Need

People of all ages suffer from sleep disorders and may not even be aware of it. A sleep disorder is a disruptive pattern of sleep that may include:

- Difficulty falling or staying asleep
- Falling asleep at inappropriate times
- Excessive total sleep time
- Snoring
- Sleep apnea (brief interruptions of breathing during sleep)
- Muscle weakness or Restless Legs Syndrome
- Unintentional kicking during sleep
- Low energy or persistent feelings of exhaustion
- Increased anxiety or irritability during the day
- Sleep walking, bedwetting or nightmares

Sleep Specialists

A variety of treatment options are available for sleep disorders. At the Center for Sleep Disorders, you will find dedicated professionals who care about your sleep problems and specialize in solving disruptive sleep patterns. Our expert physicians are board-certified in Sleep Medicine and have extensive experience in the diagnosis and treatment of sleep disorders. In addition, our comprehensive team includes experts in neurology, pulmonology, psychiatry and internal medicine who work together to assess and treat your specific sleep disorder.

Convenient & Comfortable

Our state-of-the-art facility is unique to this area and combines the latest diagnostic technology with a comfortable, private setting. The sleeping rooms are complete with queen-size beds, cable television, free Wi-Fi and private bathrooms with shower.

LEARN MORE

Talk to your physician or call the Center for Sleep Disorders experts at (888) 753-3752.

*You deserve a healthful
and restful sleep!*