

# Tulane

Medical Center

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**For  
Immediate Release**

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### Sleep Awareness Week is March 3-9

*Tulane's Comprehensive Sleep Medicine Center to provide information on healthy sleep*

Physicians with Tulane comprehensive Sleep Medicine Center will be available 10 a.m. to 2 p.m., Friday, March 7, in the Reily Pavilion of Tulane Medical Center, 1415 Tulane Ave., to answer questions about how to get a good night's sleep.

The National Sleep Foundation (NSF), organizer and sponsor of National Sleep Awareness Week (NSAW), declared March 3-9 National Sleep Awareness week for its annual public education, information and awareness campaign.

Results of a NSF poll released March 3 showed that prolonged work days extending late into the night may cause Americans to fall asleep or feel sleepy at work, drive drowsy and lose interest in sex. Americans are spending an additional 4-1/2 hours a week in addition to an average 9-1/2-hour workday.

Sixty-three percent stated they are likely just to accept their sleepiness and keep going, while 32 percent are very likely to use caffeinated beverages during the day to feel alert. More than half use weekends to try to catch up on sleep. According to the poll, almost a quarter used the hour before going to bed to do job-related work a few nights a week.

Very few primary-care physicians are trained in the treatment of sleep disorders. Tulane Medical Center's physicians, on the other hand, provide medical and lifestyle counseling and follow-up to help patients comply with the prescribed program.

One of the oldest sleep clinics in Louisiana, Tulane was accredited by the American Academy of Sleep Medicine in 1982 and has the only accredited formal training program for physicians in the state.

Tulane Medical Center's board-certified Sleep Medicine specialists also work with patients with various sleep disorders, including Restless Leg Syndrome, Narcolepsy (falling asleep at inappropriate times or sudden sleep attacks), parasomnias, sleepwalking, sleep terrors, REM-related or confusion arousals) and Circadian Rhythm Disorders. Poor sleeping patterns increase the risk of drowsiness while driving, which is a significant public health issue.

*Tulane Medical Center is an acclaimed teaching, research and medical facility serving the greater New Orleans area. TMC has more than 500 credentialed physicians who provide leading-edge care, ranging from primary to tertiary to quaternary. Facilities in the New Orleans area include Tulane Medical Center, Tulane-Lakeside Hospital, Tulane Hospital for Children, Tulane Cancer Center Comprehensive Clinic, Tulane Abdominal Transplant at Tulane Medical Center, Tulane Multispecialty Center Metairie, Tulane Multispecialty Center Uptown, Tulane Multispecialty Center Downtown and the Tulane Institute for Sports Medicine. TMC is a partnership jointly owned by HCA and Tulane University. For more information about Tulane Medical Center, please visit [www.tuhc.com](http://www.tuhc.com) or call 1-800-588-5800.*