

Sleep Medicine: BMG's Newest Specialty

Sleep disorders are a common but often under-diagnosed problem affecting as many as 40 million Americans. Buffalo Medical Group, PC, is pleased to announce its new Adult and Pediatric Sleep Center, now offering sleep medicine diagnostic and treatment options for Western New Yorkers with sleep problems.

The Buffalo Medical Group Adult & Pediatric Sleep Center, located at 325 Essjay Road in Williamsville, is directed by Sandra A. Block, MD, a physician with board certifications in sleep medicine, neurology and clinical neurophysiology. Dr. Block has extensive experience and expertise in treating both adult and pediatric sleep disorders, including obstructive sleep apnea, insomnia, restless legs syndrome, and narcolepsy among others.

Our adult and pediatric sleep center features a comfortable, safe environment for diagnosing and treating sleep disorders for patients of all ages, including infants. The sleep specialist consults on patients and interprets sleep studies. Sleep studies are performed by registered sleep technologists with expertise working with adults, adolescents and children.

Sleep Center Bedroom Features

- ★ State-of-the-art equipment
- ★ Comfortable, hotel-like rooms, (including those especially designed for children, with cribs if needed)
- ★ A toy box to distract children during set up
- ★ Cable TV with DVD players
- ★ Free Wi-Fi
- ★ En-suite bathrooms
- ★ Coffee, tea (for parents) or hot chocolate provided in the morning

Adult Sleep Disorders & Treatment Options

Obstructive Sleep Apnea

- ★ This is a common condition that causes disrupted, non-refreshing sleep and daytime fatigue, affecting about 10 percent of the adult population
- ★ Sleep apnea is also related to such co-morbid conditions as heart disease, stroke, high blood pressure, cardiac arrhythmias (i.e. atrial fibrillation), and diabetes
- ★ Treatment options include: Continuous Positive Air Pressure (CPAP) therapy, dental oral appliances, weight loss, and ear, nose and throat surgery.

Insomnia

- ★ Thirty percent of adults have suffered from insomnia at some time in their lives, and 10 percent have this problem chronically
- ★ Treatments include relaxation techniques, sleep hygiene education, cognitive behavioral therapy, and medications.

Restless Legs Syndrome

- ★ This condition affects 10 percent of adults.
- ★ It causes uncomfortable, "creepy crawly" sensations primarily in the legs in the evening, when a person is at rest.
- ★ Treatments include iron replacement if needed, hot baths, caffeine and alcohol avoidance, and medication.

Narcolepsy

- ★ This is an under-recognized cause of severe daytime sleepiness or fatigue.
- ★ Daytime nap studies are performed to identify a diagnosis.
- ★ This condition is treated with stimulant medications and alerting techniques.



Pediatric Sleep Disorders & Treatment Options

Sleep-disordered breathing

We use a multi-disciplinary approach to deliver comprehensive pediatric sleep medicine services, and in doing so, work closely with:

- ★ Ear Nose and Throat surgeons
- ★ Orthodontists and dentists
- ★ Pediatric Pulmonologists
- ★ Pediatric Neurologists
- ★ Nutritionists
- ★ Respiratory care companies

We specialize in pediatric-focused CPAP care (for necessary patients) with a program that includes:

- ★ Specialized pediatric masks
- ★ Monitoring for mid-face hypoplasia
- ★ Reward/positive reinforcement systems for promoting compliance
- ★ Recognizing special populations at risk for obstructive sleep apnea (i.e. Prader-Willi, Down's Syndrome)

Sleep apnea in children is also associated with various co-morbid conditions including:

- ★ Attention Deficit Hyperactivity Disorder
- ★ Psychiatric disorders such as depression
- ★ High blood pressure
- ★ Obesity

Narcolepsy/Cataplexy

- ★ Diagnosing with overnight sleep study and daytime nap studies
- ★ Treatment with medications
- ★ Educating school officials, and advocacy for children, including helping to formulate Individualized Education Plans in some cases

Restless Legs Syndrome

- ★ Diagnosis and treatment, including iron supplementation, non-pharmacologic measures and medications when needed

Insomnia

- 0-9 months – Counseling and education for parents to help their children sleep
- Including: sleep logs, "bed-time passes" and graduated extinction techniques to help babies become "self-soothers" (and allow their parents to sleep!)
- ★ Education in sleep hygiene techniques from younger children to teenagers
- ★ Children with Special Needs (i.e. autism, Down's Syndrome)
- ★ Secondary Insomnia due to psychiatric disorders (anxiety/depression)
- ★ Delayed Sleep Phase Syndrome (falling asleep and waking up at inappropriate late times). Treatment includes:
 - Melatonin
 - Bright light therapy
 - Chronotherapy

Our Adult & Pediatric Sleep Center Medical Director

Dr. Sandra A. Block, medical director of the new Buffalo Medical Group Adult & Pediatric Sleep Center, most recently served as medical director of the Pediatric Sleep Medicine Centers of Western New York, a component of the Sleep Medicine Centers of Western New York. In that role, she also was medical director of the sleep laboratory at Women and Children's Hospital. Prior to that, she was director of Adult and Pediatric Sleep Medicine in the Department of Neurology for Kaleida Health.



Dr. Block also served as clinical director of the Kaleida Health Electroencephalography (EEG) Laboratory, and program director for the Department of Neurology at the University at Buffalo School of Medicine and Biomedical Sciences (UB) from 2003-2005. She has been an assistant professor of neurology at UB since 2002.

She earned her medical degree at UB and completed resident training in Internal Medicine and Neurology there, serving as chief resident in the final year of her neurology residency. She also completed fellowship training at UB in clinical neurophysiology and sleep medicine.

Dr. Block is a diplomate with the American Board of Sleep Medicine, as well as a member of the American Academy of Neurology, American Professional Sleep Society, and American Clinical Neurophysiology Society.

She has authored or co-authored numerous research articles and abstracts for many medical journals and publications.

Dr. Block is affiliated with Kaleida Health hospitals, Erie County Medical Center, and the Catholic Health System.



Buffalo Medical Group, P.C.
Adult & Pediatric Sleep Center

325 Essjay Road. Williamsville, NY 14221
716.630.1122
(Neurology & Sleep Center Appointments)

716.630.1232
(Sleep Center)

Top 10 Tips for a GOOD NIGHT'S SLEEP!

- ★ Stick to a good routine: same time to bed and same time to rise every day.
- ★ Don't drink caffeine after noon.
- ★ Turn your clock around at night so you can't see it.
- ★ Don't drink alcohol to fall asleep.
- ★ Exercise every day.
- ★ Take a hot bath before bed.
- ★ Don't smoke before you go to bed.
- ★ Avoid heavy/spicy foods before bed.
- ★ Avoid "bright light" activities (like computer use) right before bed.
- ★ Go to sleep only when you feel sleepy!



A New BMG Service
for Patients With Sleep Disorders



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