



**Catholic
Health Services**

of Long Island

At the heart of health

Sleep Well, Work Safe 24/7™

Partnering With MTA Employees
on the Journey to Wellness



Sleep Apnea

Sleep apnea alone is estimated to affect more than 40 million people in the United States. Usually, when you sleep, the muscles that control the upper airway relax; this is normal. However, if they relax too much, the airway narrows, causing you to snore. The airway can, for a number of reasons, narrow even further, resulting in airway blockage and preventing you from breathing. This is called obstructive sleep apnea (OSA), with apnea referring to the cessation of breathing during sleep. Other factors can also cause OSA, including an enlarged palatine uvula, swollen tonsils or a nasal obstruction. An episode can last 10 seconds or more and has been known to occur hundreds of times during a single night, seriously disrupting sleep.

Snoring is usually the first sign of apnea, or OSA, and occurs due to the vibration of excess tissue in the pharynx. Other signs of sleep apnea are nighttime gasping, choking, sweating, chronic fatigue, gastro-esophageal reflux disease, fibromyalgia and difficulty losing weight. Sleep disorders impair the quality of sleep and lead to daytime sleepiness, moodiness, poor concentration, impaired memory and a decline in physical performance. In addition, fragmented sleep and decreased oxygen levels associated with sleep apnea can lead to other serious medical problems involving increased risk to your basic health.

Over time, sleep apnea can lead to high blood pressure and increased risk for irregular heart rhythms, heart attack, stroke and metabolic disorders such as diabetes.



Partnering With You on Your Journey to Wellness

We all know how important it is to get a good night's rest, with slumber accounting for a third of our life span. Insomnia, snoring, narcolepsy, sleep apnea and other disorders can make it difficult to lead a healthy, productive life and can contribute to life-threatening conditions. In fact, research correlates obstructive sleep apnea syndrome with the development of high blood pressure, stroke and heart disease. Sleep disorders can also impair the safe operation of machinery, motor vehicles and other forms of transportation.

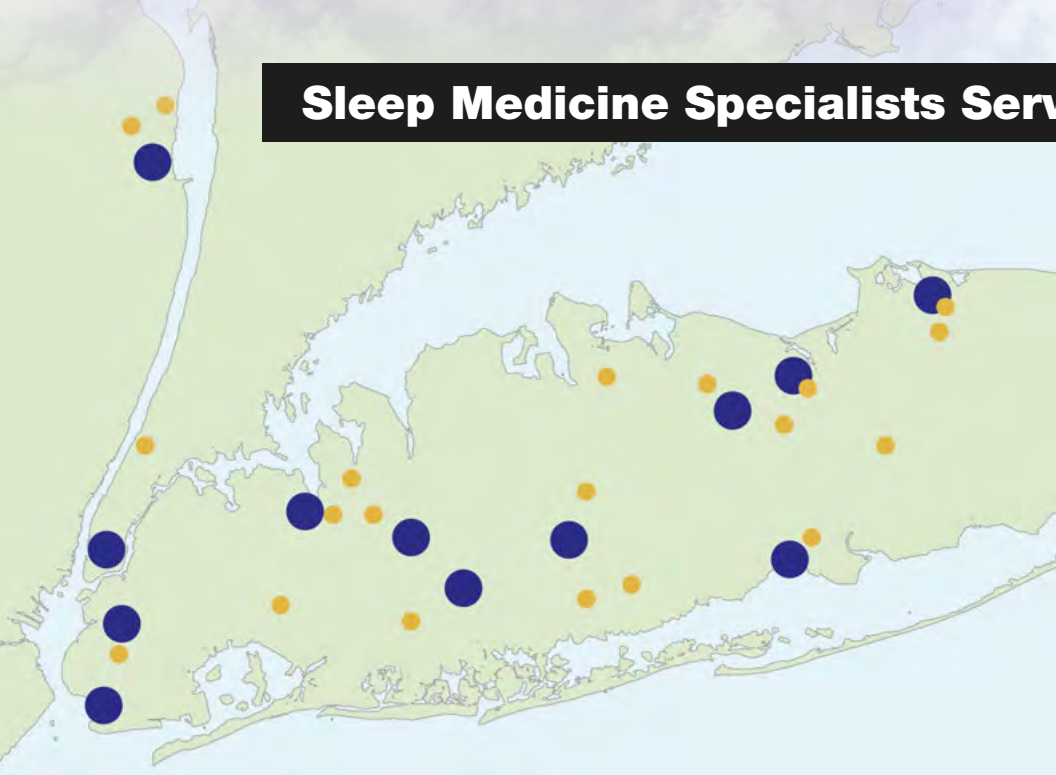
The employee-centered Sleep Well, Work Safe 24/7™ program is offered by Catholic Health Services (CHS) and United Sleep Diagnostics (USD) in collaboration with CCLI and Apria Healthcare to provide the expert services you need to take back your health and life. In conjunction with the Metropolitan Transportation Authority (MTA), this medically supervised program is designed to support you in achieving good health and a better quality of life.

As committed as you are to both public safety and your personal well-being, we'll partner with you on your journey to wellness and a better quality of life. With our network of expert board certified sleep physicians, sleep centers and durable medical equipment providers reaching across the region, we can help you to resolve your sleep-related issues and recover optimal health.

Your Direct Line to Good Health

For your convenience, we're providing a single telephone number as your contact for this program. Simply dial **1.888.279.4927** to speak to a sleep medicine navigator, who will guide you through the process of getting back to your normal routine. Our navigator will help you identify a conveniently located sleep specialist with office hours that work with your schedule, handle insurance verification and support you throughout the period of evaluation and treatment, if needed. **We're here for you** from early in the morning until late at night.

Sleep Medicine Specialists Serv



About Us

CHS has six hospitals situated throughout Nassau and Suffolk counties, as well as physician practices, outpatient rehabilitation facilities and other agencies. USD's facilities are located throughout the metro area, and, combined with CHS, total 13 highly accredited sleep centers across our region.

Additional sleep centers and physicians are available in outlying areas, if needed. Together with Apria Healthcare and CCLI, both leaders in durable medical equipment, we already provide a range of health care services to many MTA employees. The Sleep Well, Work Safe 24/7™ program comprises expert board certified sleep medicine physicians, New York State-licensed and registered sleep technologists and registered respiratory therapists. Oversight is provided by the program's Medical Director and Chief Medical Officer for United Sleep Diagnostics Gerard T. Lombardo, MD, FCCP, Certified Sleep Medicine, ABIM.



Living the New York Metro Region



Sleep Center Locations



Health Care Provider Locations

Our physicians and sleep centers are located throughout the metropolitan area. You can choose the most convenient location by simply calling **1.888.279.4927**.

Common Symptoms and Risk Factors for Sleep Apnea

- Snoring
- Gasping or an interruption of breathing during sleep
- Feeling tired even after a full night's sleep
- Experiencing decreased energy levels
- Experiencing decreased motivation
- Having difficulty in concentrating
- Being overweight
- Having a family history of sleep apnea
- Suffering from high blood pressure
- Previously suffering a stroke or heart attack

Risks Posed by Sleep Disorders to Health and Quality of Life

- High blood pressure
- Fatigue-related accidents
- Heart attack
- Strained personal and professional relationships
- Heart disease
- Decreased quality of life
- Stroke
- Diabetes
- Poor job performance

You choose
**Sleep Well,
Work Safe 24/7™**

Our navigator
contacts you to
verify insurance
and sends you the
HST kit

Our navigator
schedules an
appointment with
the sleep specialist
physician

How the Program Works

If you have screened positively for a sleep disorder and you choose our Sleep Well, Work Safe 24/7™ program, you will be contacted by one of our dedicated navigators, who will verify your insurance benefits and send you a home sleep study kit. The home sleep test (HST) will have easy-to-follow instructions. Once you take the HST, you'll mail the kit back or we'll come pick it up via courier. The HST will be reviewed by a board certified sleep doctor. The navigator will schedule an appointment so that the physician can review your sleep test results with you and order a next step for diagnosis and/or treatment. The navigator will then help to schedule further testing such as an in-lab sleep study or equipment to be used at home such as a CPAP, an AutoPAP, a bilevel PAP, an oral appliance or other therapy. After your in-lab sleep study, the doctor will determine whether you need further treatment and prescribe home durable medical equipment such as CPAP, bilevel PAP or an oral appliance. A respiratory therapist will instruct you one-to-one in how to use the equipment. Once you have your home durable medical equipment, adherence to using the equipment will be monitored. If adjustments need to be made, we are only a phone call away by dialing **1.888.279.4927**.

Sleep Studies

Patients who undergo a sleep study are frequently surprised at how often they stop breathing or struggle to breathe during sleep. Our nationally accredited sleep centers feature hotel-style patient testing rooms, with the latest technology in diagnosing sleep disorders in a comfortable, contemporary setting. With board certified physicians and certified technologists, we monitor the patient's sleep cycle during an overnight sleep study test. Our certified technologists help the physician in making the correct diagnosis. We offer advanced diagnosis and treatment of everything from sleep-wake cycle disturbances to restless leg syndrome. In addition to sleep apnea, if needed, we offer advanced diagnostic procedures and treatment for the more than 80 known sleep disorders.

The physician reviews your HST results with you, and the navigator schedules further testing or therapy

You complete the treatment, with instruction provided by a respiratory therapist and follow-up with the physician

Throughout the process, the navigator is just a phone call away at **1.888.279.4927**

Treatment for Sleep Apnea

Based on the results of a sleep study conducted at one of our state-of-the-art facilities, you may need to be treated for sleep apnea or other sleep disorders. Once the diagnosis is made, your physician will discuss the available treatments, the most prevalent of which is continuous positive airway pressure (CPAP).

The home CPAP or other device provides a gentle flow of air under positive pressure delivered through a wide variety of state-of-the-art masks. This keeps your airway open while you sleep. You will experience almost immediate relief and find your energy and vitality restored. While CPAP is effective in most cases of sleep apnea, other less common treatments may be required in some cases, including oral appliances and/or surgery.

Taking Back Your Quality of Life

All treatments should be accompanied by certain lifestyle modifications: weight loss, exercise and avoiding alcohol and stimulants such as tobacco and caffeine. Your treatments will be most effective if you stay fully informed and follow the prescribed actions to bring you lasting relief.



Again, please don't hesitate to call **1.888.279.4927** should you have any questions. Best wishes on your journey to wellness. **Remember, we're here for you!**

Catholic Health Services & United Sleep Diagnostics Sleep Centers

Mercy Medical Center

1000 North Village Avenue, Rockville Centre, NY 11571-9024

MTA Route: *Long Island Railroad, Rockville Centre Train Station (3 miles)*

St. Joseph Hospital

4295 Hempstead Turnpike, Bethpage, NY 11714

MTA Route: *Long Island Railroad, Bethpage Train Station (1.5 miles)*

St. Catherine of Siena Medical Center

50 Route 25A, Smithtown, NY 11787

MTA Route: *Long Island Railroad, Smithtown Train Station (2 miles)*

Good Samaritan Hospital Medical Center

1000 Montauk Highway, West Islip, NY 11795

MTA Route: *Long Island Railroad, Babylon Train Station (2 miles)*

St. Charles Hospital

200 Belle Terre Road, Port Jefferson, NY 11777

MTA Route: *Long Island Railroad, Port Jefferson Train Station (1 mile)*

USD Garden City

50 Rose Place, New Hyde Park, NY 11040

MTA Route: *Long Island Railroad, Merillon Ave., Garden City Train Station (0.7 mile)*

USD Commack

6080 Jericho Turnpike, Commack, NY 11725

MTA Route: *Long Island Railroad, Greenlawn Train Station (4.6 miles)*

USD Shirley

1500 William Floyd Parkway, Shirley, NY 11967

MTA Route: *Long Island Railroad, Yaphank Train Station (2.8 miles)*

USD Bayside

36-35 Bell Boulevard, Bayside, NY 11361

MTA Route: *Bayside Train Station (0.3 mile)*

USD Bay Ridge

9101 4th Avenue, Brooklyn, NY 11209

MTA Route: *Bay Ridge-95th St. Subway (0.2 mile)*

USD Park Slope

808 8th Avenue, Brooklyn, NY 11215

MTA Route: *9th St./8th Ave. Subway (0.1 mile)*

USD Manhattan

199 3rd Avenue, Manhattan, NY 10003

MTA Route: *Union Square Subway (0.3 mile)*

USD Rockland

200 Erie Street, Blauvelt, NY 10913

MTA Route: *Pearl River Train Station (3.9 miles)*

Physicians Board Certified in Sleep Medicine

ROCKLAND COUNTY

Berson, Shelley, MD

2 Strawtown Road, #6, West Nyack 10994

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MANHATTAN

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Westwood, Andrew, MD

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BROOKLYN

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9101 4th Avenue, Brooklyn 11209

QUEENS

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S. Richmond Hill 11419

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NASSAU

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Huberfeld, Seymour, MD

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Physicians Board Certified in Sleep Medicine

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1.888.279.4927

Fax: 1.800.815.2147