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FOR IMMEDIATE RELEASE

SLEEP MEDICAL CENTER TO OPEN NEW PTSD SLEEP CLINIC

For the Growing Number of PTSD Sufferers, a Specialized Clinic is Welcome News

In his 20 years of pioneering research and clinical practice, Dr. Barry Krakow has discovered potent strategies to help patients manage the sleep problems of Posttraumatic Stress Disorder. Now, to make these treatment services more widely available, Dr. Krakow will open the first specialized PTSD Sleep Clinic in Albuquerque, NM.

Posttraumatic Stress Disorder (PTSD) is an anxiety disorder that develops after a traumatic event. PTSD causes panic attacks, emotional numbing, anxiety, depression, nightmares or insomnia. Those with PTSD feel on edge and are susceptible to outbursts or irritability.

Many people with PTSD also suffer severe sleep disorders, but few patients or providers realize that treating sleep problems can significantly decrease PTSD symptoms. For many, sleep interventions are the missing ingredients that will lead to a more successful PTSD treatment. With proven sleep therapies, PTSD patients decrease daytime fatigue and sleepiness and increase daytime energy levels, which leads to better coping skills and more motivation to tackle other mental and physical health problems.

At Maimonides Sleep Arts & Sciences, numerous evidence-based treatments target the complex array of sleep disturbances in PTSD patients, including Cognitive Behavioral Therapy, Imagery Rehearsal Therapy, Sleep-Related Emotion-Focused Therapy, and Positive Airway Pressure Therapy. Unlike conventional PTSD treatments, medications are generally not a first line strategy for PTSD sleep problems. In fact, many patients seek help to reduce their dependency on sleeping pills.

On Friday March 12th, Maimonides Sleep Arts & Sciences will host an open house for its new PTSD Sleep Clinic from 10 am to 6 pm with presentations and workshops throughout the day. Patients and healthcare providers are invited; and Dr. Barry Krakow will lecture at noon and 6 PM on "PTSD and REM Sleep: Dream Your Way to Better Sleep"

Call 998-7201 to receive a list of open house events. To attend one of Dr. Krakow's lectures, please RSVP (998.7201).

For more information, or to schedule an interview with Dr. Krakow, please call Laura Togami at 505-998-7201 ltogami@sleepreatment.com

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