

WHAT TO LOOK FOR IN A SLEEP CENTER

Is the center certified by the American Academy of Sleep Medicine?

Is the ownership of the facility clear and easy to establish?

Is the center listed in the phone book?

If you call the phone number, does the person answering work at the facility?

Can you visit the center during the daytime to see the facility and meet the daytime staff?

When you visit, is the facility clean?

Is the facility designed and used just for sleep testing?

Does it have private baths for each sleep room?

How many patients does each technician care for each night?

Is the staff friendly, professional and competent?

Is the medical director a certified sleep physician?

Does the physician medical director practice medicine?

Can you make an appointment to see the physician medical director?

Can you see a physician sleep specialist before any testing?

Are patients who require testing seen in follow-up by a physician sleep specialist?

Is the interpreting physician a certified sleep specialist?

Will the interpreting physician be available to see you as a patient?

SLEEP CENTER OWNERSHIP

It is important to identify the ownership of the sleep center. The reasons for ownership may give you insight into the center and its operation. All centers operate to make money. A business cannot survive without income. The equipment, staff and facility are expensive. There are three main types of ownership.

1. Sleep physician or physicians – Good sign if accredited.
Physicians own the center to provide a service to their patients who need testing for diagnosis of their sleep problem and to control the quality of the testing performed.
2. Hospital and healthcare systems – Good sign if accredited.
Hospitals own centers to provide a service to their communities and to direct patients to their other facilities and healthcare professionals.
3. Corporate, multi-state owner systems, and unclear ownership - (usually sleep/oxygen equipment companies) -
These owners are in the business to provide testing in order to sell sleep apnea equipment.