

SWEDISH ISSAQUAH SLEEP MEDICINE

SWEDISH ISSAQUAH SLEEP MEDICINE IS A SPECIALIZED MEDICAL SERVICE DEDICATED TO DIAGNOSING AND TREATING SLEEP DISORDERS IN THE ISSAQUAH COMMUNITY. THIS COMPREHENSIVE APPROACH COMBINES ADVANCED DIAGNOSTIC TECHNOLOGIES, EXPERT CLINICAL EVALUATIONS, AND PERSONALIZED TREATMENT PLANS TO IMPROVE PATIENTS' SLEEP QUALITY AND OVERALL HEALTH. SWEDISH ISSAQUAH SLEEP MEDICINE CATERS TO A WIDE RANGE OF SLEEP ISSUES, INCLUDING INSOMNIA, SLEEP APNEA, RESTLESS LEG SYNDROME, AND NARCOLEPSY. THE CENTER'S MULTIDISCIPLINARY TEAM INCLUDES BOARD-CERTIFIED SLEEP SPECIALISTS, TECHNOLOGISTS, AND SUPPORT STAFF WHO WORK COLLABORATIVELY TO ENSURE OPTIMAL PATIENT OUTCOMES. EMPHASIZING EVIDENCE-BASED PRACTICES, SWEDISH ISSAQUAH SLEEP MEDICINE INTEGRATES THE LATEST RESEARCH AND INNOVATIVE THERAPIES TO ADDRESS THE UNIQUE NEEDS OF EACH PATIENT. THIS ARTICLE EXPLORES THE VARIOUS SERVICES OFFERED, THE DIAGNOSTIC PROCEDURES UTILIZED, COMMON SLEEP DISORDERS TREATED, AND THE BENEFITS OF SEEKING CARE AT THIS FACILITY. THE FOLLOWING SECTIONS PROVIDE A DETAILED OVERVIEW OF SWEDISH ISSAQUAH SLEEP MEDICINE'S APPROACH AND OFFERINGS.

- OVERVIEW OF SWEDISH ISSAQUAH SLEEP MEDICINE
- COMMON SLEEP DISORDERS TREATED
- DIAGNOSTIC PROCEDURES AND TECHNOLOGIES
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- BENEFITS OF CHOOSING SWEDISH ISSAQUAH SLEEP MEDICINE

OVERVIEW OF SWEDISH ISSAQUAH SLEEP MEDICINE

SWEDISH ISSAQUAH SLEEP MEDICINE IS A DEDICATED SLEEP CENTER WITHIN THE SWEDISH HEALTH SERVICES NETWORK, LOCATED IN ISSAQUAH, WASHINGTON. THE CENTER FOCUSES ON PROVIDING COMPREHENSIVE EVALUATION AND MANAGEMENT OF SLEEP-RELATED DISORDERS. WITH A TEAM OF EXPERIENCED SLEEP SPECIALISTS AND STATE-OF-THE-ART FACILITIES, THE CLINIC OFFERS BOTH OUTPATIENT AND IN-LAB SLEEP STUDIES. PATIENTS RECEIVE INDIVIDUALIZED CARE PLANS BASED ON THOROUGH ASSESSMENTS, INCLUDING MEDICAL HISTORY, PHYSICAL EXAMINATIONS, AND DIAGNOSTIC TEST RESULTS. THE CENTER EMPHASIZES EDUCATION AND SUPPORT TO EMPOWER PATIENTS IN MANAGING THEIR SLEEP HEALTH EFFECTIVELY. SWEDISH ISSAQUAH SLEEP MEDICINE REMAINS COMMITTED TO IMPROVING QUALITY OF LIFE THROUGH BETTER SLEEP HYGIENE AND TAILORED INTERVENTIONS.

LOCATION AND ACCESSIBILITY

LOCATED CONVENIENTLY IN ISSAQUAH, THE SLEEP MEDICINE CENTER IS EASILY ACCESSIBLE TO RESIDENTS IN THE GREATER KING COUNTY AREA. THE FACILITY OFFERS AMPLE PARKING AND IS DESIGNED TO PROVIDE A COMFORTABLE AND CALMING ENVIRONMENT FOR PATIENTS UNDERGOING SLEEP STUDIES. ACCESSIBILITY SERVICES ARE AVAILABLE FOR PATIENTS WITH SPECIAL NEEDS, ENSURING THAT EVERYONE CAN BENEFIT FROM EXPERT SLEEP CARE.

MULTIDISCIPLINARY TEAM

THE TEAM AT SWEDISH ISSAQUAH SLEEP MEDICINE INCLUDES BOARD-CERTIFIED SLEEP PHYSICIANS, REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS, RESPIRATORY THERAPISTS, AND NURSING STAFF. THIS MULTIDISCIPLINARY APPROACH ALLOWS FOR COMPREHENSIVE ASSESSMENT AND MANAGEMENT OF COMPLEX SLEEP DISORDERS. COLLABORATION AMONG SPECIALISTS ENSURES THAT PATIENTS RECEIVE COORDINATED CARE THROUGHOUT DIAGNOSIS AND TREATMENT PHASES.

COMMON SLEEP DISORDERS TREATED

SWEDISH ISSAQUAH SLEEP MEDICINE ADDRESSES A BROAD SPECTRUM OF SLEEP DISORDERS THAT AFFECT PEOPLE OF ALL AGES. THESE DISORDERS CAN SIGNIFICANTLY IMPACT PHYSICAL HEALTH, MENTAL WELL-BEING, AND DAILY FUNCTIONING IF LEFT UNTREATED. UNDERSTANDING THE COMMON CONDITIONS TREATED HELPS ILLUSTRATE THE SCOPE OF SERVICES PROVIDED AT THE CENTER.

OBSTRUCTIVE SLEEP APNEA (OSA)

OBSTRUCTIVE SLEEP APNEA IS ONE OF THE MOST PREVALENT DISORDERS MANAGED AT SWEDISH ISSAQUAH SLEEP MEDICINE. IT IS CHARACTERIZED BY REPEATED EPISODES OF UPPER AIRWAY OBSTRUCTION DURING SLEEP, LEADING TO DISRUPTED BREATHING AND POOR SLEEP QUALITY. SYMPTOMS INCLUDE LOUD SNORING, DAYTIME FATIGUE, AND MORNING HEADACHES. EARLY DIAGNOSIS AND TREATMENT CAN PREVENT COMPLICATIONS SUCH AS CARDIOVASCULAR DISEASE AND DIABETES.

INSOMNIA

INSOMNIA INVOLVES DIFFICULTY FALLING ASLEEP, STAYING ASLEEP, OR NON-RESTORATIVE SLEEP. IT MAY BE ACUTE OR CHRONIC AND CAN RESULT FROM STRESS, MEDICAL CONDITIONS, OR LIFESTYLE FACTORS. THE SLEEP SPECIALISTS AT SWEDISH ISSAQUAH SLEEP MEDICINE UTILIZE COGNITIVE BEHAVIORAL THERAPY AND OTHER EVIDENCE-BASED INTERVENTIONS TO HELP PATIENTS OVERCOME INSOMNIA.

RESTLESS LEGS SYNDROME (RLS) AND PERIODIC LIMB MOVEMENT DISORDER (PLMD)

RLS AND PLMD ARE NEUROLOGICAL CONDITIONS CHARACTERIZED BY UNCOMFORTABLE SENSATIONS AND INVOLUNTARY LIMB MOVEMENTS DURING SLEEP, CAUSING DISRUPTED REST. THESE DISORDERS CAN LEAD TO EXCESSIVE DAYTIME SLEEPINESS AND DECREASED QUALITY OF LIFE. SWEDISH ISSAQUAH SLEEP MEDICINE OFFERS TARGETED THERAPIES TO ALLEVIATE SYMPTOMS AND IMPROVE SLEEP CONTINUITY.

OTHER SLEEP DISORDERS

THE CENTER ALSO EVALUATES AND TREATS LESS COMMON SLEEP DISORDERS SUCH AS NARCOLEPSY, CIRCADIAN RHYTHM DISORDERS, PARASOMNIAS (INCLUDING SLEEPWALKING AND NIGHT TERRORS), AND HYPERSOMNIA. EACH CONDITION REQUIRES SPECIALIZED DIAGNOSTIC AND THERAPEUTIC STRATEGIES TAILORED TO THE PATIENT'S NEEDS.

DIAGNOSTIC PROCEDURES AND TECHNOLOGIES

ACCURATE DIAGNOSIS IS CRITICAL IN SLEEP MEDICINE TO IDENTIFY THE SPECIFIC DISORDER AND ITS SEVERITY. SWEDISH ISSAQUAH SLEEP MEDICINE EMPLOYS A VARIETY OF ADVANCED DIAGNOSTIC TOOLS AND PROCEDURES TO PROVIDE COMPREHENSIVE SLEEP ASSESSMENTS.

POLYSOMNOGRAPHY (SLEEP STUDY)

POLYSOMNOGRAPHY IS THE GOLD STANDARD DIAGNOSTIC TEST USED TO MONITOR MULTIPLE PHYSIOLOGICAL PARAMETERS DURING SLEEP, INCLUDING BRAIN ACTIVITY, EYE MOVEMENTS, MUSCLE ACTIVITY, HEART RHYTHM, AND BREATHING PATTERNS. THE SLEEP STUDY IS TYPICALLY CONDUCTED OVERNIGHT IN A CONTROLLED LABORATORY ENVIRONMENT AT THE SWEDISH ISSAQUAH FACILITY.

HOME SLEEP APNEA TESTING (HSAT)

FOR SELECTED PATIENTS, HOME SLEEP APNEA TESTING OFFERS A CONVENIENT ALTERNATIVE TO IN-LAB STUDIES. THIS METHOD USES PORTABLE DEVICES TO RECORD RESPIRATORY EFFORT, OXYGEN SATURATION, AND AIRFLOW DURING SLEEP AT HOME. SWEDISH ISSAQUAH SLEEP MEDICINE CAREFULLY EVALUATES PATIENT SUITABILITY FOR HSAT TO ENSURE ACCURATE RESULTS.

MULTIPLE SLEEP LATENCY TEST (MSLT)

THE MSLT MEASURES THE TIME IT TAKES FOR A PATIENT TO FALL ASLEEP IN A QUIET ENVIRONMENT DURING DAYTIME NAPS. IT IS PRIMARILY USED TO DIAGNOSE NARCOLEPSY AND ASSESS EXCESSIVE DAYTIME SLEEPINESS. THIS SPECIALIZED TEST IS CONDUCTED UNDER THE SUPERVISION OF SLEEP SPECIALISTS AT THE CENTER.

ACTIGRAPHY

ACTIGRAPHY INVOLVES WEARING A WRISTWATCH-LIKE DEVICE THAT TRACKS MOVEMENT AND SLEEP-WAKE PATTERNS OVER SEVERAL DAYS TO WEEKS. IT IS USEFUL FOR EVALUATING CIRCADIAN RHYTHM DISORDERS AND INSOMNIA. SWEDISH ISSAQUAH SLEEP MEDICINE INTEGRATES ACTIGRAPHY DATA WITH CLINICAL ASSESSMENTS FOR COMPREHENSIVE EVALUATION.

TREATMENT OPTIONS AND THERAPIES

FOLLOWING DIAGNOSIS, SWEDISH ISSAQUAH SLEEP MEDICINE DEVELOPS INDIVIDUALIZED TREATMENT PLANS TO ADDRESS SPECIFIC SLEEP DISORDERS. TREATMENT STRATEGIES COMBINE MEDICAL, BEHAVIORAL, AND TECHNOLOGICAL INTERVENTIONS TO OPTIMIZE SLEEP QUALITY AND PATIENT HEALTH.

CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP) THERAPY

CPAP THERAPY IS THE PRIMARY TREATMENT FOR OBSTRUCTIVE SLEEP APNEA. IT INVOLVES WEARING A MASK CONNECTED TO A MACHINE THAT DELIVERS CONTINUOUS AIRFLOW TO KEEP THE AIRWAY OPEN DURING SLEEP. THE CENTER OFFERS COMPREHENSIVE CPAP TITRATION STUDIES AND PATIENT EDUCATION TO ENHANCE ADHERENCE AND EFFECTIVENESS.

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

CBT-I IS A STRUCTURED, EVIDENCE-BASED PSYCHOTHERAPY DESIGNED TO CHANGE BEHAVIORS AND THOUGHTS THAT INTERFERE WITH SLEEP. SWEDISH ISSAQUAH SLEEP MEDICINE PROVIDES CBT-I THROUGH INDIVIDUAL OR GROUP SESSIONS FACILITATED BY TRAINED THERAPISTS, OFFERING LONG-TERM BENEFITS FOR CHRONIC INSOMNIA SUFFERERS.

PHARMACOLOGIC TREATMENTS

IN SOME CASES, MEDICATION MAY BE PRESCRIBED TO MANAGE SYMPTOMS OF SLEEP DISORDERS SUCH AS RESTLESS LEGS SYNDROME OR NARCOLEPSY. THE SLEEP SPECIALISTS CAREFULLY SELECT MEDICATIONS BASED ON THE PATIENT'S CONDITION, BALANCING EFFICACY WITH SAFETY CONSIDERATIONS.

OTHER THERAPIES AND LIFESTYLE MODIFICATIONS

TREATMENT PLANS OFTEN INCORPORATE LIFESTYLE RECOMMENDATIONS SUCH AS SLEEP HYGIENE EDUCATION, WEIGHT MANAGEMENT, AND POSITIONAL THERAPY. ADDITIONAL OPTIONS MAY INCLUDE ORAL APPLIANCE THERAPY FOR MILD TO MODERATE SLEEP APNEA AND BRIGHT LIGHT THERAPY FOR CIRCADIAN RHYTHM DISRUPTIONS.

- CONTINUOUS MONITORING AND FOLLOW-UP CARE
- PATIENT EDUCATION ON SLEEP HYGIENE
- CUSTOMIZED TREATMENT ADJUSTMENTS
- SUPPORT GROUPS AND COUNSELING RESOURCES

BENEFITS OF CHOOSING SWEDISH ISSAQUAH SLEEP MEDICINE

SWEDISH ISSAQUAH SLEEP MEDICINE OFFERS NUMEROUS ADVANTAGES FOR PATIENTS SEEKING EXPERT EVALUATION AND TREATMENT OF SLEEP DISORDERS. THE CENTER'S COMMITMENT TO QUALITY CARE AND PATIENT SATISFACTION DISTINGUISHES IT WITHIN THE REGIONAL HEALTHCARE LANDSCAPE.

COMPREHENSIVE AND PERSONALIZED CARE

THE MULTIDISCIPLINARY TEAM ENSURES THAT EACH PATIENT RECEIVES A THOROUGH EVALUATION AND A CUSTOMIZED TREATMENT PLAN TAILORED TO THEIR SPECIFIC NEEDS. THIS HOLISTIC APPROACH ADDRESSES BOTH THE PHYSIOLOGICAL AND PSYCHOLOGICAL ASPECTS OF SLEEP DISORDERS.

ADVANCED DIAGNOSTIC CAPABILITIES

ACCESS TO CUTTING-EDGE DIAGNOSTIC TECHNOLOGIES ALLOWS FOR PRECISE IDENTIFICATION OF SLEEP ISSUES, ENABLING TIMELY AND ACCURATE TREATMENT. THE FACILITY'S IN-LAB AND HOME TESTING OPTIONS PROVIDE FLEXIBILITY AND CONVENIENCE FOR PATIENTS.

EXPERIENCED SLEEP SPECIALISTS

THE SLEEP MEDICINE PHYSICIANS AT SWEDISH ISSAQUAH ARE BOARD-CERTIFIED AND HIGHLY EXPERIENCED IN MANAGING COMPLEX SLEEP CONDITIONS. THEIR EXPERTISE SUPPORTS EVIDENCE-BASED CARE AND THE LATEST TREATMENT MODALITIES.

PATIENT-CENTERED ENVIRONMENT

THE CENTER PRIORITIZES PATIENT COMFORT AND EDUCATION, FOSTERING A SUPPORTIVE ATMOSPHERE THROUGHOUT THE DIAGNOSTIC AND TREATMENT PROCESS. COMPREHENSIVE FOLLOW-UP CARE ENSURES ONGOING MANAGEMENT AND OPTIMIZES LONG-TERM OUTCOMES.

COMMUNITY FOCUS AND ACCESSIBILITY

SERVING THE ISSAQUAH AREA, THIS FACILITY ENHANCES ACCESS TO SPECIALIZED SLEEP MEDICINE SERVICES FOR LOCAL RESIDENTS, REDUCING THE NEED FOR TRAVEL AND IMPROVING CONTINUITY OF CARE.

FREQUENTLY ASKED QUESTIONS

WHAT SLEEP MEDICINE SERVICES ARE OFFERED AT SWEDISH ISSAQUAH?

SWEDISH ISSAQUAH OFFERS COMPREHENSIVE SLEEP MEDICINE SERVICES INCLUDING SLEEP STUDIES, DIAGNOSIS AND TREATMENT OF SLEEP DISORDERS SUCH AS SLEEP APNEA, INSOMNIA, RESTLESS LEG SYNDROME, AND NARCOLEPSY.

HOW CAN I SCHEDULE A SLEEP STUDY AT SWEDISH ISSAQUAH?

YOU CAN SCHEDULE A SLEEP STUDY AT SWEDISH ISSAQUAH BY CONTACTING THEIR SLEEP CENTER DIRECTLY VIA PHONE OR THROUGH A REFERRAL FROM YOUR PRIMARY CARE PHYSICIAN.

DOES SWEDISH ISSAQUAH PROVIDE TREATMENT FOR SLEEP APNEA?

YES, SWEDISH ISSAQUAH PROVIDES DIAGNOSIS AND TREATMENT FOR SLEEP APNEA, INCLUDING CPAP THERAPY, ORAL APPLIANCES, AND LIFESTYLE COUNSELING.

ARE TELEMEDICINE CONSULTATIONS AVAILABLE FOR SLEEP MEDICINE AT SWEDISH ISSAQUAH?

SWEDISH ISSAQUAH OFFERS TELEMEDICINE CONSULTATIONS FOR CERTAIN SLEEP MEDICINE EVALUATIONS AND FOLLOW-UPS, ALLOWING PATIENTS TO RECEIVE CARE REMOTELY.

WHAT TYPES OF SLEEP STUDIES ARE CONDUCTED AT SWEDISH ISSAQUAH?

SWEDISH ISSAQUAH CONDUCTS OVERNIGHT POLYSOMNOGRAPHY, HOME SLEEP APNEA TESTING, AND MULTIPLE SLEEP LATENCY TESTS TO DIAGNOSE VARIOUS SLEEP DISORDERS.

WHO ARE THE SLEEP MEDICINE SPECIALISTS AT SWEDISH ISSAQUAH?

SWEDISH ISSAQUAH'S SLEEP MEDICINE SPECIALISTS INCLUDE BOARD-CERTIFIED PULMONOLOGISTS, NEUROLOGISTS, AND SLEEP TECHNOLOGISTS EXPERIENCED IN DIAGNOSING AND MANAGING SLEEP DISORDERS.

DOES SWEDISH ISSAQUAH ACCEPT INSURANCE FOR SLEEP MEDICINE SERVICES?

YES, SWEDISH ISSAQUAH ACCEPTS MOST MAJOR INSURANCE PLANS FOR SLEEP MEDICINE SERVICES. IT IS RECOMMENDED TO VERIFY COVERAGE WITH YOUR INSURANCE PROVIDER BEFORE YOUR APPOINTMENT.

ADDITIONAL RESOURCES

1. *SLEEP MEDICINE ADVANCES AT SWEDISH ISSAQUAH: A COMPREHENSIVE GUIDE*

THIS BOOK OFFERS AN IN-DEPTH EXPLORATION OF THE LATEST DEVELOPMENTS IN SLEEP MEDICINE PRACTICED AT SWEDISH ISSAQUAH. IT COVERS DIAGNOSTIC TECHNIQUES, TREATMENT PROTOCOLS, AND PATIENT CARE STRATEGIES TAILORED TO VARIOUS SLEEP DISORDERS. HEALTHCARE PROFESSIONALS AND PATIENTS ALIKE WILL FIND VALUABLE INSIGHTS TO IMPROVE SLEEP HEALTH OUTCOMES.

2. *UNDERSTANDING SLEEP DISORDERS: INSIGHTS FROM SWEDISH ISSAQUAH SPECIALISTS*

DRAWING ON THE EXPERTISE OF SLEEP MEDICINE EXPERTS AT SWEDISH ISSAQUAH, THIS BOOK EXPLAINS COMMON AND COMPLEX SLEEP DISORDERS IN ACCESSIBLE LANGUAGE. IT HIGHLIGHTS THE IMPORTANCE OF EARLY DIAGNOSIS AND PERSONALIZED TREATMENT PLANS. CASE STUDIES FROM THE CLINIC ILLUSTRATE PRACTICAL APPROACHES TO MANAGING CONDITIONS LIKE SLEEP APNEA AND INSOMNIA.

3. *THE ROLE OF SWEDISH ISSAQUAH IN SLEEP APNEA MANAGEMENT*

FOCUSED ON SLEEP APNEA, THIS BOOK DELVES INTO THE DIAGNOSTIC ADVANCEMENTS AND TREATMENT OPTIONS AVAILABLE AT SWEDISH ISSAQUAH. IT DISCUSSES CPAP THERAPY, ORAL APPLIANCES, AND SURGICAL INTERVENTIONS, EMPHASIZING PATIENT-CENTERED CARE. THE BOOK ALSO REVIEWS THE IMPACT OF UNTREATED SLEEP APNEA ON OVERALL HEALTH.

4. *INNOVATIONS IN PEDIATRIC SLEEP MEDICINE AT SWEDISH ISSAQUAH*

THIS PUBLICATION ADDRESSES SLEEP ISSUES AFFECTING CHILDREN AND ADOLESCENTS, HIGHLIGHTING THE SPECIALIZED CARE PROVIDED AT SWEDISH ISSAQUAH. TOPICS INCLUDE BEHAVIORAL DISORDERS, RESTLESS LEG SYNDROME, AND CIRCADIAN RHYTHM DISTURBANCES. IT SERVES AS A RESOURCE FOR CLINICIANS, PARENTS, AND EDUCATORS COMMITTED TO IMPROVING PEDIATRIC SLEEP HEALTH.

5. *INTEGRATIVE APPROACHES TO SLEEP HEALTH: SWEDISH ISSAQUAH'S MODEL*

EXPLORING HOLISTIC AND INTEGRATIVE THERAPIES, THIS BOOK SHOWCASES HOW SWEDISH ISSAQUAH BLENDS TRADITIONAL MEDICINE WITH COMPLEMENTARY TREATMENTS. IT COVERS MINDFULNESS, COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I), AND LIFESTYLE MODIFICATIONS. THE APPROACH AIMS TO ENHANCE PATIENT WELL-BEING BEYOND SYMPTOM MANAGEMENT.

6. *SLEEP MEDICINE TRAINING AND EDUCATION AT SWEDISH ISSAQUAH*

DESIGNED FOR MEDICAL TRAINEES AND PROFESSIONALS, THIS BOOK DETAILS THE EDUCATIONAL PROGRAMS AND CLINICAL TRAINING OPPORTUNITIES IN SLEEP MEDICINE AT SWEDISH ISSAQUAH. IT HIGHLIGHTS CURRICULUM DESIGN, MENTORSHIP, AND HANDS-ON EXPERIENCE THAT PREPARE PRACTITIONERS TO EXCEL IN THIS SPECIALTY. THE BOOK ALSO DISCUSSES ONGOING RESEARCH AND PROFESSIONAL DEVELOPMENT.

7. *TECHNOLOGY AND SLEEP MONITORING INNOVATIONS AT SWEDISH ISSAQUAH*

THIS BOOK PRESENTS THE CUTTING-EDGE TECHNOLOGIES USED AT SWEDISH ISSAQUAH TO MONITOR AND DIAGNOSE SLEEP DISORDERS. FROM HOME SLEEP TESTS TO ADVANCED POLYSOMNOGRAPHY, IT EXPLAINS THE BENEFITS AND LIMITATIONS OF VARIOUS TOOLS. THE TEXT ALSO EXPLORES FUTURE TRENDS IN SLEEP TECHNOLOGY AND DATA ANALYTICS.

8. *MANAGING INSOMNIA: SWEDISH ISSAQUAH'S EVIDENCE-BASED STRATEGIES*

FOCUSING ON INSOMNIA, THIS BOOK OUTLINES EFFECTIVE, EVIDENCE-BASED TREATMENTS IMPLEMENTED AT SWEDISH ISSAQUAH. IT COVERS PHARMACOLOGIC AND NON-PHARMACOLOGIC APPROACHES, EMPHASIZING COGNITIVE BEHAVIORAL THERAPY AND SLEEP HYGIENE. PATIENT STORIES ILLUSTRATE CHALLENGES AND SUCCESSFUL OUTCOMES IN OVERCOMING CHRONIC INSOMNIA.

9. *COMMUNITY OUTREACH AND SLEEP HEALTH PROMOTION BY SWEDISH ISSAQUAH*

THIS BOOK HIGHLIGHTS SWEDISH ISSAQUAH'S EFFORTS TO RAISE AWARENESS ABOUT SLEEP HEALTH IN THE COMMUNITY. IT DETAILS OUTREACH PROGRAMS, EDUCATIONAL WORKSHOPS, AND PARTNERSHIPS AIMED AT IMPROVING PUBLIC UNDERSTANDING OF SLEEP DISORDERS. THE TEXT UNDERSCORES THE IMPORTANCE OF COMMUNITY ENGAGEMENT IN PROMOTING HEALTHY SLEEP HABITS.

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