

**Sleep Hygiene – August 2022**

<p><b>UNM STUDENT HEALTH AND COUNSELING (SHAC)</b></p> <p><b>COUNSELING DEPARTMENT WORKSHOPS</b></p> <p>1 UNM MSC06 3870, Building 73, ABQ, NM 87131 <b>Contact:</b> 505.277.3136</p> <p><b>Website:</b> <a href="http://shac.unm.edu">http://shac.unm.edu</a></p> <p><b>Workshop Dates &amp; Times:</b> Vary by semester</p> <ul style="list-style-type: none"> <li>• Check website for most updated information <a href="http://shac.unm.edu/wellness/workshops.html">http://shac.unm.edu/wellness/workshops.html</a></li> </ul> <p><b>Appointment Type:</b> Group Workshop</p> <p><b>Cost:</b> FREE for Students</p> <ul style="list-style-type: none"> <li>• Space may be limited</li> </ul>	<p><b>UNMH SLEEP DISORDERS CENTER</b> <i>(UNM Health Sciences Center)</i></p> <p>1101 Medical Arts Avenue NE Building 2, ABQ, NM 87102 <b>Contact:</b> 505.272.6110</p> <p><b>Website:</b> <a href="https://unmhealth.org/services/sleep-medicine/">https://unmhealth.org/services/sleep-medicine/</a></p> <p><b>Hours:</b> Monday-Friday 7:30am-5:00pm</p> <ul style="list-style-type: none"> <li>• <i>Must schedule appointment</i></li> </ul> <p><b>Appointment Type:</b> Private Only</p> <ul style="list-style-type: none"> <li>• Treatment and diagnosis of sleep disorders and sleep testing</li> </ul> <p><b>Cost with Insurance:</b> Varies</p> <ul style="list-style-type: none"> <li>• Co-pay dependent on insurance provider <ul style="list-style-type: none"> <li>○ Accept most insurance including Medicaid &amp; Medicare</li> </ul> </li> </ul> <p><b>Cost without Insurance :</b></p> <ul style="list-style-type: none"> <li>• New patient services: No set price</li> </ul>
--	--

### OMNISLEEP MEDICINE CENTER

3810 Masthead, NE, Albuquerque, NM 87109  
**Contact:** 505.843.8758

**Website:** <http://www.omnisleep.com/>

**Hours:** Monday-Friday 9:00am-5:00pm

- *Must schedule appointment*

**Appointment Type:** Private Only

- Sleep disorder diagnosis, treatment, home sleep study and multiple sleep tests

**Cost with Insurance:** Varies

- Co-pay dependent on insurance provider
  - If needed, payment plans available, eligibility determined on case-by-case basis

**Cost without Insurance:** Sleep Study: \$750+

### PRESBYTERIAN SLEEP DISORDERS CENTER

8300 Constitution Avenue NE, ABQ, NM 87110  
**Contact:** 505.291.2700

**Website:** <https://www.phs.org/doctors-services/services-centers/Pages/sleep-disorders-center.aspx>

**Hours:** Monday-Thursday 8am-5:00pm  
Friday 8am-4pm

- *Must schedule appointment*

**Appointment Type:** Private Only

- Sleep apnea, Restless legs syndrome, Narcolepsy, Insomnia, Sleepiness and Children's sleep disorders

**Cost with Insurance:** Varies

- Co-pay dependent on insurance provider
  - Accept most insurance including Medicaid & Medicare

**Cost without Insurance:** Prices vary

- Contact provider for more details

<p style="text-align: center;"><b>DR. LI LI ACUPUNCTURIST</b></p> <p>5310 Homestead Rd NE, Suite 202B ABQ, NM 87110  <b>Contact:</b> 505.508.0486, <a href="mailto:drlisacupuncture@gmail.com">drlisacupuncture@gmail.com</a>  <b>Website:</b> <a href="http://drlisacupuncture.com/">http://drlisacupuncture.com/</a>  <b>Hours:</b> Monday-Saturday 9am-5:00pm</p> <ul style="list-style-type: none"> <li>• <i>Must schedule appointment</i></li> </ul> <p><b>Appointment Type:</b> Private Only</p> <ul style="list-style-type: none"> <li>• Gentle style of acupuncture, natural herbs, Chinese bodywork and also works on patients with insomnia</li> </ul> <p><b>Cost with insurance:</b> Varies</p> <ul style="list-style-type: none"> <li>• Co-pay dependent on insurance provider</li> <li>○ BlueCross BlueShield, Presbyterian, United Healthcare, New Mexico Health Connections, Cigna, Molina Healthcare, PacifiCare, TriWest, Mutual of Omaha, Worker's Comp, Auto Insurance</li> <li>○ Contact directly for list of other insurance providers</li> </ul> <p><b>Cost without Insurance :</b></p> <ul style="list-style-type: none"> <li>• Initial Consultation: Varies</li> </ul>	<p style="text-align: center;"><b>New Mexico Sleep Labs</b></p> <p>1009 Golf Course Rd. Suite 109 Rio Rancho, NM 87124  <b>Contact:</b> (505) 395-5315  <b>Website:</b> <a href="http://Home-NewMexicoSleepLab(newmexicosleeplabs.com)">Home - New Mexico Sleep Lab (newmexicosleeplabs.com)</a>  <b>Hours:</b> Monday-Friday 8:00am-5:00pm  Some Saturdays 9:00am-3:00pm</p> <p><b>Appointment Type:</b> Private appointments &amp; Walk-In</p> <ul style="list-style-type: none"> <li>• Treats for Diagnostic Sleep Study</li> <li>• Titration Sleep Study</li> <li>• Split Night Sleep Study</li> <li>• Multiple Sleep Latency Test</li> </ul> <p><b>Cost with Insurance:</b> Varies</p> <ul style="list-style-type: none"> <li>• Co-pay dependent on insurance provider</li> </ul> <p><b>Cost without Insurance:</b> Initial consultation Cost: Call for current pricing</p>
--	--

**ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.**

**WEBSITE RESOURCES**

## AMERICAN ACADEMY OF SLEEP MEDICINE

Website: <http://www.sleepeducation.com/>

- Online educational material for sleep
- Information on sleep disorders
- Disease management information & resources
- News feed and stories relating to sleep and sleep relevance
- Help finding a sleep center near you
- Information on modes of treatment



## INSOMNIA.NET

Website: <http://www.insomnia.net>

- Online educational material for sleep
- Sleeping Disorder Education
- Sleep Medication Information
- Natural Remedies for Insomnia
- Sleep Aid Information
- Online self assessment



## NATIONAL SLEEP FOUNDATION

Website: <http://drowsydriving.org/>

- Online educational material for sleep
- Facts about drowsy driving and sleep
- Resources about sleep and driving
- Media and press material to get involved with drowsy driving
- Alternative resources including books to read

