| **UNM STUDENT HEALTH AND COUNSELING (SHAC)** |
| **COUNSELING DEPARTMENT WORKSHOPS** |
| 1 UNM MSC06 3870, Building 73, ABQ, NM 87131 |
| **Contact:** 505.277.3136 |
| **Website:** [http://shac.unm.edu](http://shac.unm.edu) |
| **Workshop Dates & Times:** Vary by semester |
| • Check website for most updated information [http://shac.unm.edu/wellness/workshops.html](http://shac.unm.edu/wellness/workshops.html) |
| **Appointment Type:** Group Workshop |
| **Cost:** FREE for Students |
| • Space may be limited |

| **UNMH SLEEP DISORDERS CENTER** |
| **(UNM Health Sciences Center)** |
| 1101 Medical Arts Avenue NE Building 2, ABQ, NM 87102 |
| **Contact:** 505.272.6110 |
| **Website:** [https://unmhealth.org/services/sleep-medicine/](https://unmhealth.org/services/sleep-medicine/) |
| **Hours:** Monday-Friday 7:30am-5:00pm |
| • Must schedule appointment |
| **Appointment Type:** Private Only |
| • Treatment and diagnosis of sleep disorders and sleep testing |
| **Cost with Insurance:** Varies |
| • Co-pay dependent on insurance provider |
| o Accept most insurance including Medicaid & Medicare |
| **Cost without Insurance:** |
| • New patient services: No set price |
### OMNISLEEP MEDICINE CENTER

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

**Website:** [http://www.omnisleep.com/](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](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
### DR. LI LI ACUPUNCTURIST

5310 Homestead Rd NE, Suite 202B ABQ, NM 87110  
**Contact:** 505.508.0486, [drlisacupuncture@gmail.com](mailto:drlisacupuncture@gmail.com)  
**Website:** [http://drlisacupuncture.com/](http://drlisacupuncture.com/)  
**Hours:** Monday-Saturday 9am-5:00pm  
- **Must schedule appointment**  
**Appointment Type:** Private Only  
- Gentle style of acupuncture, natural herbs, Chinese bodywork and also works on patients with insomnia  
**Cost with insurance:** Varies  
- Co-pay dependent on insurance provider  
  - BlueCross BlueShield, Presbyterian, United Healthcare, New Mexico Health Connections, Cigna, Molina Healthcare, PacifiCare, TriWest, Mutual of Omaha, Worker's Comp, Auto Insurance  
  - Contact directly for list of other insurance providers  
**Cost without Insurance:**  
- Initial Consultation: Varies

### New Mexico Sleep Labs

1009 Golf Course Rd. Suite 109 Rio Rancho, NM 87124  
**Contact:** (505) 395-5315  
**Website:** [Home - New Mexico Sleep Lab (newmexicosleeplabs.com)](http://newmexicosleeplabs.com)  
**Hours:** Monday-Friday 8:00am-5:00pm  
   - Some Saturdays 9:00am-3:00pm  
**Appointment Type:** Private appointments & Walk-In  
- Treats for Diagnostic Sleep Study  
- Titration Sleep Study  
- Split Night Sleep Study  
- Multiple Sleep Latency Test  
**Cost with Insurance:** Varies  
- Co-pay dependent on insurance provider  
**Cost without Insurance:** Initial consultation Cost: Call for current pricing

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**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/](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](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/](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