

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>**Workshop Dates & Times:** Vary by semester

- Check website for most updated information

Appointment Type: Group Workshop**Cost:** FREE for Students

- Space maybe limited
- Registering online for a workshop is recommended
 - <http://shac.unm.edu/forms/counseling-workshops.html>

UNMH SLEEP DISORDERS CENTER*(UNM Health Sciences Center)*

1101 Medical Arts Avenue NE Building 2, ABQ, NM 87102

Contact: 505.272.6110**Website:** <http://hospitals.unm.edu/sdc/>**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
 - Accept most insurance including Medicaid & Medicare

Cost without Insurance :

- New patient services: No set price
- Sleep studies: \$4500

OMNISLEEP MEDICINE CENTER

6500 Jefferson Street NE Suite 100 ABQ, NM 87109

Contact: 505.843.8758 ext: 1004**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-\$830**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

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

NEW MEXICO CENTER FOR SLEEP MEDICINE*(ABQ Health Partners)*

4700 Jefferson Boulevard NE, Suite 800, ABQ, NM, 87109

Contact: 505.872.6000**Website:** <http://www.abqhp.com/>**Hours:** Monday-Friday 8-5pm**Sleep Study Hours:** Monday- Sunday 8pm-7am**Appointment Type:** Private Only

- Provides sleep disorder diagnoses through sleep study, sleep correction equipment (CPAP), and treatment for sleep disorders

Cost with Insurance: Varies

- Co-pay dependent on insurance provider
 - Accept Amerigroup, Blue Medicare Advantage, & United Healthcare Medicare, United Healthcare Medicaid-Commercial plans considered Out of Network

Cost without Insurance:

- Consult: \$212-\$428
- Follow-up: \$142-\$283
- CPAP equipment: \$800 and up
- Sleep Study: \$1177-\$1237

DR. LI LI ACUPUNCTURIST

5310 Homestead Rd NE, Suite 202B ABQ, NM 87110

Contact: 505.508.0486**Website:** <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
 - Accept Blue Cross Blue Shield, Cigna, Lovelace, Mutual Omaha, Presbyterian, United Health Care, Worker's Comp & Auto Insurance
 - Contact directly for list of other insurance providers

Cost without Insurance :

- Initial Consultation: Varies
- Follow-up Consultation: Varies

ORIGINAL MEDICAL & WELLNESS**DR. REBA EAGLES & DR. NOELLE BAROODY**

1500 Lomas Blvd NW, Suite B, ABQ, NM 87104

Contact: 505.503.6490**Website:** <http://www.originalmedicineabq.com>**Hours:** Monday-Thursday 8:30am-6:30pm

- *Must schedule appointment*

Appointment Type: Private Only

- Treats for insomnia along with other conditions

Cost with insurance: Varies

- Co-pay dependent on insurance provider
 - Accept BlueCross BlueShield, Cigna, Lovelace, Presbyterian & United Health Care

Cost without insurance:

- Initial Consultation Cost: Free
- First Follow-up Consultation: \$87.00
- Every Follow-up after: \$80.00 for Acupuncture

QUALITY SLEEP SOLUTIONS

1009 Golf Course Rd. Suite 109 Rio Rancho, NM 87124

Contact: 505.891.3344**Website:** <http://www.QualitySleepSolutions.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
- Rio Rancho & Los do not accept Presbyterian or Humana Gold

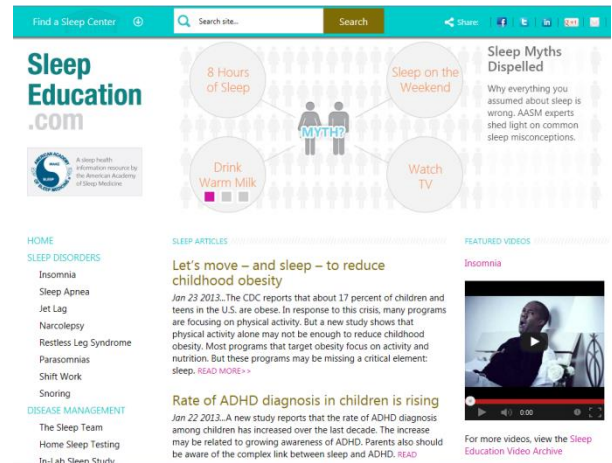
Cost without Insurance: Initial consultation Cost: \$100.00**ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.**

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

