### 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  

**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](http://shac.unm.edu/forms/counseling-workshops.html)

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### 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/](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

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### OMNISLEEP MEDICINE CENTER

6500 Jefferson Street NE Suite 100 ABQ, NM 87109  
Contact: 505.843.8758 ext: 1004  
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-$830

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### 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

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**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/](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  
| o 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  

| **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](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  
| o 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](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  

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### WEBSITE RESOURCES

<table>
<thead>
<tr>
<th>AMERICAN ACADEMY OF SLEEP MEDICINE</th>
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<tbody>
<tr>
<td><strong>Website:</strong> <a href="http://www.sleepeducation.com/">http://www.sleepeducation.com/</a></td>
</tr>
<tr>
<td>- Online educational material for sleep</td>
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<tr>
<td>- Information on sleep disorders</td>
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<tr>
<td>- Disease management information &amp; resources</td>
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<tr>
<td>- News feed and stories relating to sleep and sleep relevance</td>
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<td>- Help finding a sleep center near you</td>
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<td>- Information on modes of treatment</td>
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<tr>
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</tr>
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<td><strong>Website:</strong> <a href="http://drowsydriving.org/">http://drowsydriving.org/</a></td>
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<tr>
<td>- Facts about drowsy driving and sleep</td>
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<tr>
<td>- Resources about sleep and driving</td>
</tr>
<tr>
<td>- Media and press material to get involved with drowsy driving</td>
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<tr>
<td>- Alternative resources including books to read</td>
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