<table>
<thead>
<tr>
<th><strong>UNM STUDENT HEALTH AND COUNSELING (SHAC)</strong></th>
<th><strong>UNMH SLEEP DISORDERS CENTER</strong></th>
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<tbody>
<tr>
<td><em>COUNSELING DEPARTMENT WORKSHOPS</em></td>
<td><em>(UNM Health Sciences Center)</em></td>
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<tr>
<td>1 UNM MSC06 3870, Building 73, ABQ, NM 87131</td>
<td>1101 Medical Arts Avenue NE Building 2, ABQ, NM 87102</td>
</tr>
<tr>
<td>Contact: 505.277.3136</td>
<td>Contact: 505.272.6110</td>
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<tr>
<td>Website: <a href="http://shac.unm.edu">http://shac.unm.edu</a></td>
<td>Website: <a href="http://hospitals.unm.edu/sdc/">http://hospitals.unm.edu/sdc/</a></td>
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<tr>
<td>Workshop Dates &amp; Times: Vary by semester</td>
<td>Hours: Monday-Friday 7:30am-5:00pm</td>
</tr>
<tr>
<td>• Check website for most updated information</td>
<td>• Must schedule appointment</td>
</tr>
<tr>
<td>Appointment Type: Group Workshop</td>
<td>Appointment Type: Private Only</td>
</tr>
<tr>
<td>Cost: FREE for Students</td>
<td>• Treatment and diagnosis of sleep disorders and sleep testing</td>
</tr>
<tr>
<td>• Space maybe limited</td>
<td>Cost with Insurance: Varies</td>
</tr>
<tr>
<td>• Registering online for a workshop is recommended</td>
<td>• Co-pay dependent on insurance provider</td>
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<tr>
<td>o <a href="http://shac.unm.edu/forms/counseling-workshops.html">http://shac.unm.edu/forms/counseling-workshops.html</a></td>
<td>o Accept most insurance including Medicaid &amp; Medicare</td>
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<tr>
<td>Cost without Insurance: Sleep Study: $750-$830</td>
<td>Cost without Insurance: Prices vary</td>
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<td></td>
<td>• Contact provider for more details</td>
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</tbody>
</table>

*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  
  - 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/](http://drlisacupuncture.com/)  
Hours: Monday-Saturday 9am-5:00pm  
- Must schedule appointment  
Appointment Type: Private Only  
- Gentile 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](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](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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Resources collected by UNM Student Health and Counseling (SHAC)  
For information contact our Health Education & Prevention Department at 505.277.7947 or peerhelp@unm.edu
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