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
  o [http://shac.unm.edu/forms/counseling-workshops.html](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/](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
  o 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/](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
  o 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
  o 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/Specialty/18
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 and up
- Follow-up: $142 and up
- CPAP equipment: $800 and up
- Sleep Study: $1177 and up

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
Cost without insurance:
- Initial Consultation Cost: $47
- Every Follow-up after: $80.00 for Acupuncture

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
  - 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
- Follow-up Consultation: Varies

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: Call for current pricing

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### WEBSITE RESOURCES

<table>
<thead>
<tr>
<th>AMERICAN ACADEMY OF SLEEP MEDICINE</th>
<th><img src="http://www.sleepeducation.com/" alt="American Academy of Sleep Medicine" /></th>
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<tbody>
<tr>
<td>Website: <a href="http://www.sleepeducation.com/">http://www.sleepeducation.com/</a></td>
<td>- Online educational material for sleep</td>
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<td>- Information on sleep disorders</td>
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<td>- Disease management information &amp; resources</td>
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<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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<th>NATIONAL SLEEP FOUNDATION</th>
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<td>- Facts about drowsy driving and sleep</td>
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<td>- Resources about sleep and driving</td>
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<td>- Media and press material to get involved with drowsy driving</td>
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<td>- Alternative resources including books to read</td>
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