

get your zzzzzzzz

Do you snore?

Do you wake up feeling
tired and groggy?

Are you frequently drowsy
during the day?

Have you noticed decreased energy
and difficulty concentrating?

Do you awaken suddenly
at night gasping for breath or
with a choking feeling?

Do you suffer from
high blood pressure?

**Can't fall asleep
or stay asleep?**

We can help you.

Sleep Wellness Center

get your zzzzzzzz

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get your zzzzzzzz

2700 12th Avenue South Suite B

Fargo, ND 58103

701-235-7424 **Toll Free** 800-962-8145

1191 South Columbia Road

Within the Heart Institute of North Dakota
Grand Forks, ND 58201

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Winmar Diagnostics, Inc.

www.winmarsleep.com



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We want you to sleep safely and soundly so you can enjoy a happier, healthier life. Call us today.



When was the last time you got a good night's sleep?

If you frequently wake up exhausted, even after being in bed for 7-10 hours you may have a sleep disorder called sleep apnea, which affects millions of Americans.

People with this condition momentarily stop breathing while asleep because the muscles that control your upper airway relax too much, narrowing or even completely blocking your airway. This struggle to breathe can occur several hundred times each night which explains why your body is exhausted, night after night.

Left untreated, sleep apnea has been linked to heart problems, high blood pressure, diabetes, weight gain, depression, impotence and even sudden death while sleeping.

We are here to help.

The first step toward enjoying a good night's sleep is getting properly diagnosed. At Sleep Wellness Center, all of our sleep specialists are registered or certified in sleep technologies. We will work side-by-side with you from diagnosing your specific sleep issues to finding innovative therapies and solutions.

We offer a comfortable, home-like atmosphere for your sleep study. You can relax and trust that our sleep experts will help you find answers and relief from whatever is preventing you from getting the restful sleep you need.

Sleep Wellness Center brings the latest sleep technology and diagnostics to communities in seven states across the country. Our sleep services are provided through community hospitals and clinics and we can even conduct private studies in your home.

You'll appreciate our follow-up care.

When you choose Sleep Wellness Center, you'll be pleasantly surprised by how accessible our medical staff is before, during and after your appointments. We'll keep in touch with you to make sure your personal sleep therapy continues to work for you and, you'll be happy to know, there are no charges for follow-up office visits or equipment checks at Sleep Wellness Center. We just want to make sure you're doing well.

We can help you get your zzzzzzz.

Insurance requires you to have a physician's referral to receive sleep diagnostic care and equipment, just like you would for any other type of testing. However, you do not need to see a special sleep doctor to get your referral.

If you'd like to consult a sleep specialist, all you need to do is ask your primary care physician, general practitioner or physician's assistant to phone our office regarding a referral. We accept all insurances, including Medicare and when you're referred to Sleep Wellness Center, we'll do all the insurance paperwork for you.

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