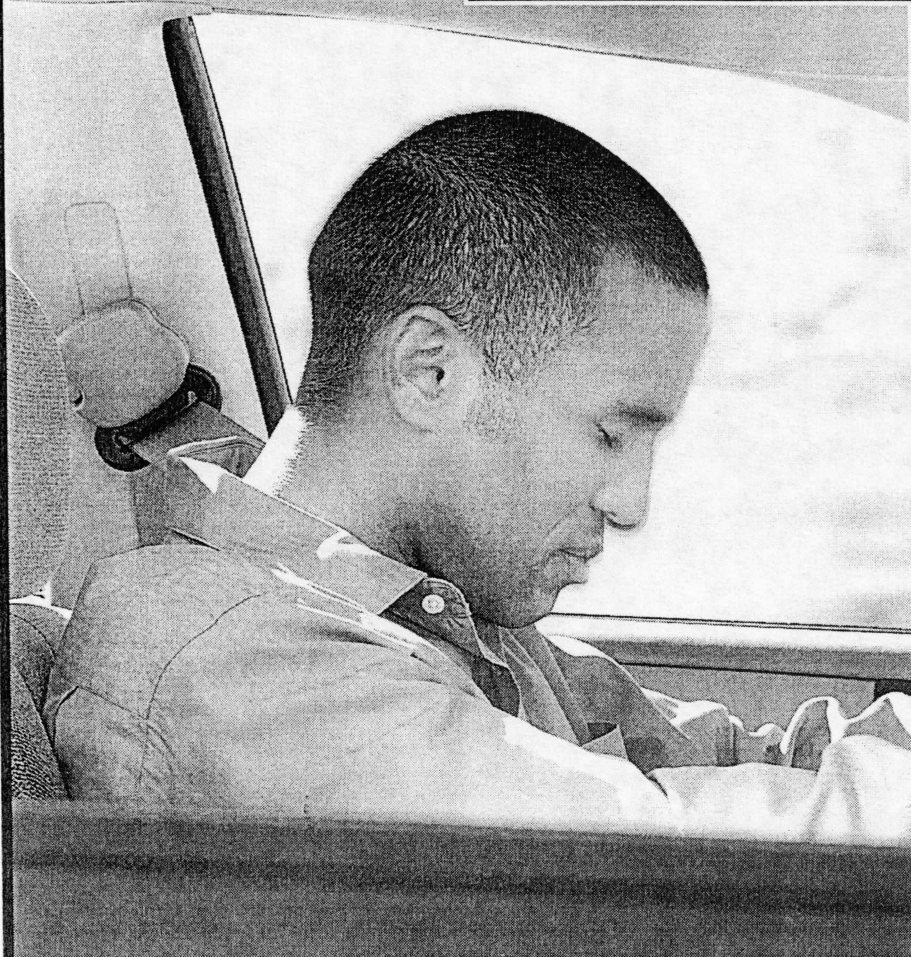


# Asleep at the wheel?

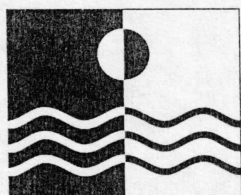


## ***Do you experience:***

- Loud snoring?
- Stopped breathing, choking or gasping for breath during sleep?
- Falling asleep while driving/riding in a car?
- Frequently feeling sleepy while reading or watching TV?
- Difficulty sleeping 3 or more nights a week?
- Trouble falling asleep/frequent awakenings?
- Waking up and unable to fall back to sleep?
- Morning headaches?
- Unpleasant nervous or jumpy feeling in the legs while trying to sleep?

If so, you may have a sleep disorder.

***Call today...don't let another sleepless night go by.***



NORTH PUGET SOUND  
Center for Sleep Disorders

For more information, call  
425-252-DOZE (3693).

*Located on the Everett waterfront  
in a beautifully remodeled hotel.*

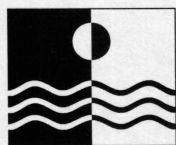


## Is a good night's sleep just a dream?

If you rarely feel rested in the morning, you may have a sleep disorder. If left untreated it can profoundly diminish your quality of life, productivity, and overall health. We provide evaluation and treatment of a wide range of sleep disorders, including:

- Insomnia
- Restless Legs Syndrome
- Sleep Apnea
- Narcolepsy
- Pediatric

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# Bedtime stories. Warm milk. Lullabies.

***If your child has trouble sleeping, it could be a sleep disorder.***

Is your child exhibiting a decreased attention span or irritability? An undiagnosed sleep disorder may be the cause. We provide evaluation and treatment of a wide range of pediatric sleep disorders for children three and older:

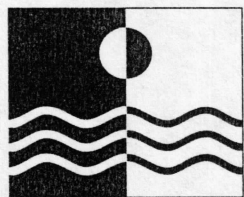
- Insomnia
- Restless Legs Syndrome
- Sleep Apnea
- Narcolepsy

You will be able to accompany your child through the entire sleep evaluation process and be closely involved in the treatment plan.

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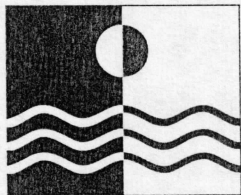


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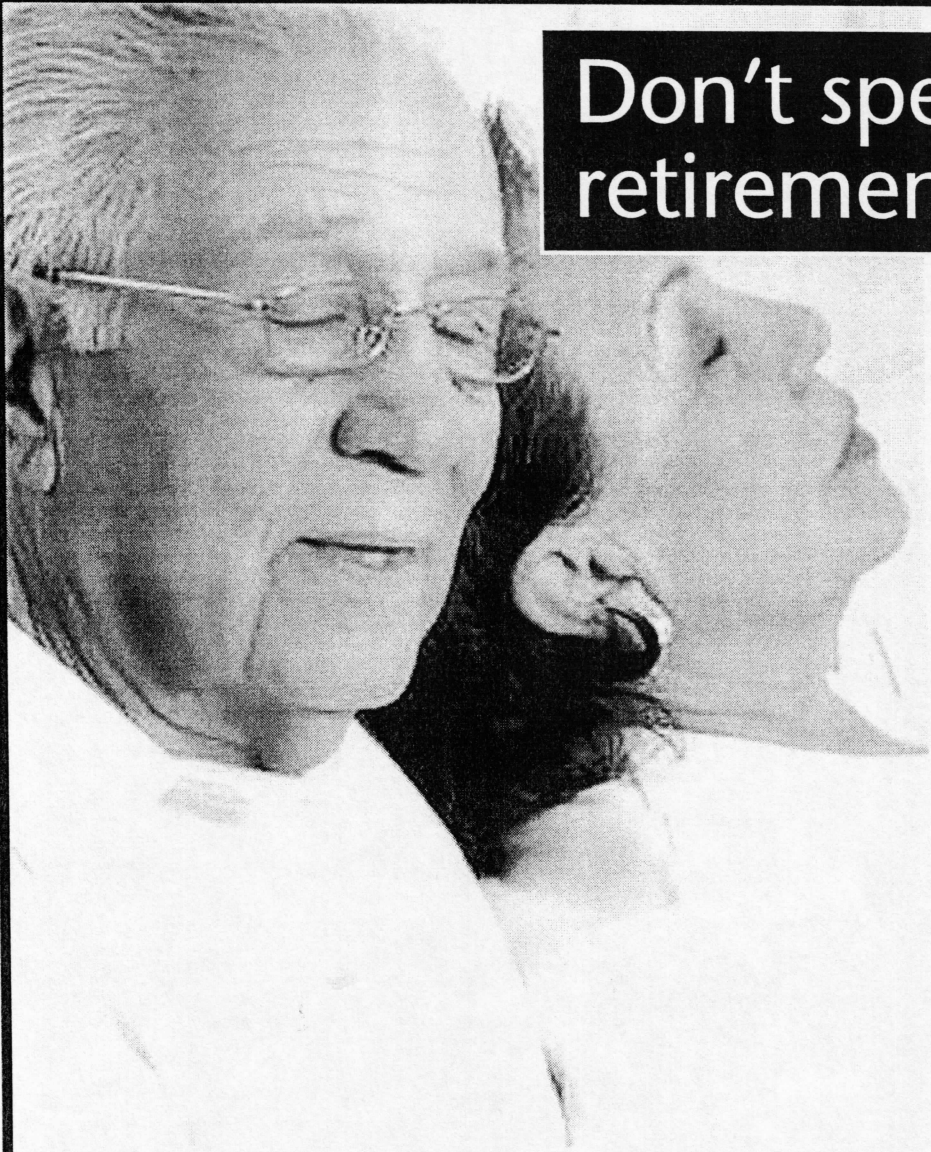


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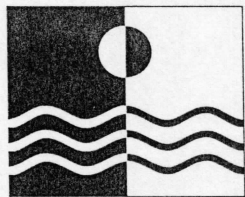


# Don't spend your retirement taking naps.

As you get older, untreated sleep disorders can profoundly diminish your quality of life, productivity, and overall health. We provide evaluation and treatment of a wide range of sleep disorders, including:

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