

# Quality care results from Sleep Disorders Center

Accredited by the American Academy of Sleep Medicine

PERFORMANCE MEASURE	2007	2008	1st Qtr 2009	2nd Qtr 2009	3rd Qtr 2009	4th Qtr 2009
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## VOLUMES

• # of office visits	15,105	16,781	4,386	4,770	4,308	
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## INSOMNIA

Insomnia is too little or poor-quality sleep including trouble falling asleep, waking up a lot during the night or trouble returning to sleep, causing excessive fatigue.

NAT'L  
AVG\*

• % of insomnia patients who fall asleep more rapidly after treatment	84.3%	84.6%	86.4%	85%	86%		80%
• % of insomnia patients who improve in their ability to stay asleep after treatment	83.5%	84.6%	84%	84%	85.2%		80%
• % of patients who were able to reduce or eliminate use of sleeping pills after treatment	98.5%	97.6%	97.5%	97%	97.5%		67%

## NARCOLEPSY

A condition that leads to excessive sleepiness during the day, and causes “sleep attacks” during day time hours.

GOAL

• % of narcolepsy patients with successful treatment of narcolepsy using medication to reverse symptoms	100%	100%	100%	100%	100%		100%
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## PATIENT SATISFACTION

	2007	2008	2009	GOAL
• % of patients who would recommend the Unity Sleep Disorders Center to family and friends	100%	99%		100%
• % of patients who found it easy to schedule their appointment	99%	99%		100%

\* National averages are from the journal Sleep, vol. 29, no. 9, September 1, 2006.