

# ARE YOU TIRED OF BEING TIRED?

RESEARCHERS ESTIMATE THAT AS MANY AS  
**70 MILLION PEOPLE**  
SUFFER FROM A SLEEP DISORDER.

Sleeplessness, restless sleep or inadequate sleep can affect our mood, physical and cognitive function, and quality of life. Worst of all, a sleep disorder can contribute to more severe long-term health hazards, such as heart disease, high blood pressure, stroke and diabetes.

**Watson Clinic's Sleep Disorders Center** was one of the first sleep labs established in the state and is accredited by the American Academy of Sleep Medicine.

The sleep disorders center features the services of three board-certified physicians – pulmonologists **Dr. Eric Lipson, Dr. Nidal Sakka** and **Dr. Naem Shahrour**. Together, they treat a range of disorders, including:

- Respiratory
- Cardiovascular and stress-related sleep disorders
- Seizures
- Sleepwalking
- Restless leg syndrome
- Insomnia
- Sleep apnea
- Narcolepsy

**WATSON CLINIC** LLP

*Sleep Disorders Center*

[www.WatsonClinic.com/Sleep](http://www.WatsonClinic.com/Sleep)

**Watson Clinic's Sleep Disorders Center** is led by a team of board-certified physicians and other technicians who are specially trained in delivering exceptional sleep medicine services.



## **Eric Lipson, MD**

*Pulmonology*

**APPOINTMENTS:**

**863-680-7190**



## **Nidal Sakka, MD**

*Pulmonology*

**APPOINTMENTS:**

**863-680-7190**



## **Naem Shahrour, MD**

*Pulmonology*

**APPOINTMENTS:**

**863-680-7190**

When further evaluation is needed, the center features a state-of-the-art sleep lab for patients who require more intensive evaluation. This elaborately equipped facility monitors all the necessary functions during a patient's sleep, including breathing, oxygen levels and heart rate.

**WATSON CLINIC** LLP

*Sleep Disorders Center*

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