

You Deserve a Better Night's Sleep



Banish Insomnia and Reclaim Peaceful Nights

Are nights of restful slumber becoming an elusive dream for you? We understand the frustration and exhaustion that accompanies insomnia, especially when it feels like every problem magnifies in the wee hours.

But quality sleep is critical for both your mental and physical wellbeing. Beyond its rejuvenating effects, sleep provides the necessary downtime for your body and mind to repair, regenerate, and recharge.

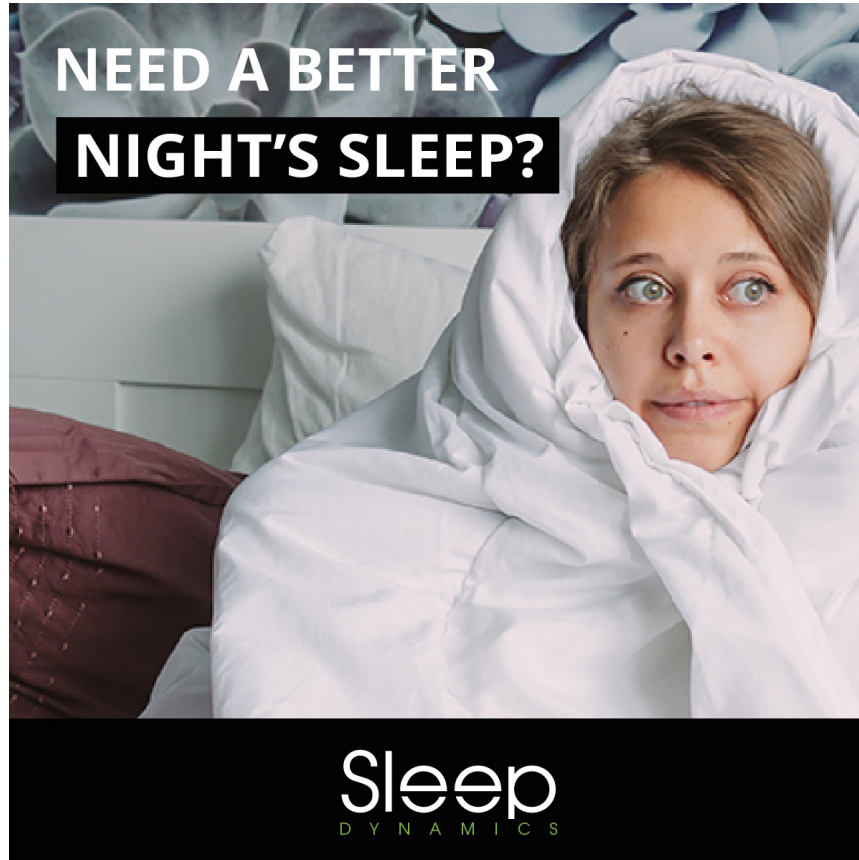
You don't have to tackle insomnia alone. With our support and the actionable insights of our specialists, we can help you regain control of your sleep patterns and restore balance to your life.

From establishing a bedtime routine to creating a sleep-friendly environment, we'll equip you with valuable tips to enhance your chances of drifting off peacefully. You'll learn

how to adopt healthy habits during the day, and simple yet powerful practices that can ease you into a state of tranquility before sleep!

Give Us a Call 732-655-3774

Let's Connect!



We post tips and tricks that can help you sleep better and live your best life!

Follow us on Instagram and drop a comment to say hello!

Our Instagram

Our mission is to be New Jersey's premier provider of sleep disorder services by providing patients with the latest in technology and medical expertise.

We pride ourselves on providing each patient with the highest level of care.



You Deserve a Better Night's Sleep



Remember those New Year's resolutions you made about prioritizing your sleep? Well, it's time to check in and see how you're doing!

Here's a gentle reminder of several helpful tips:

- Prioritize a Consistent Bedtime
- Create a Sleep-Friendly Environment
- Unplug From Electronics
- Establish Relaxing Pre-Sleep Rituals
- Evaluate Your Mattress, Sheets and Pillows

Unfortunately, achieving optimal sleep sometimes requires more than simple lifestyle adjustments. If you suspect you may be suffering from a sleep disorder, seeking professional help is crucial.

- Do you often feel excessively tired during the day, snore loudly, or wake up gasping for breath?
- Do you consistently struggle to fall asleep, stay asleep, or experience poor sleep quality?

- Do you frequently experience overwhelming daytime sleepiness, sudden muscle weakness, or even unexpected sleep episodes during the day?

Self-diagnosis can be challenging; don't ignore these symptoms. Consider getting a comprehensive evaluation from a sleep specialist who can help determine the most appropriate course of action. Our goal is to provide you with accurate diagnoses, personalized treatment plans, and ongoing support along your sleep health journey.

We hope this year brings you restful nights, improved sleep quality, and overall better health. Remember, we are here to help!

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LIVE FULLY AWAKE.



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Late at night, while the world is sleeping, nine million Americans are keeping the world running.

When you're working the graveyard shift, you might feel a bit like a zombie and struggle to staying awake. There are both healthy and unhealthy alternatives for food and drink when you're trying to keep going in the wee hours.

Eat foods like these:

- Whole grain toast with peanut butter or another nutritious topping
- A bowl of oatmeal with fruit and nuts
- A spinach and feta cheese omelet
- A wrap filled with grilled chicken, vegetables, and avocado
- Low-fat yogurt or cheese
- Nuts
- Hummus and fresh veggies
- Tuna and whole grain crackers

And avoid these:

- Caffeine
- Sugar

- Fatty foods

And stay hydrated!

The most critical aspect of being alert during your night shift is getting enough sleep during the day. Create a routine, and keep your room dark and quiet. If you can't get the sleep you need, you may need to speak with a sleep specialist - we can help!

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Did You Know We're On Spotify?



We love music's ability to create an atmosphere that can help with sleep!

Try our relaxing playlists to help you wind down at the end of the day.

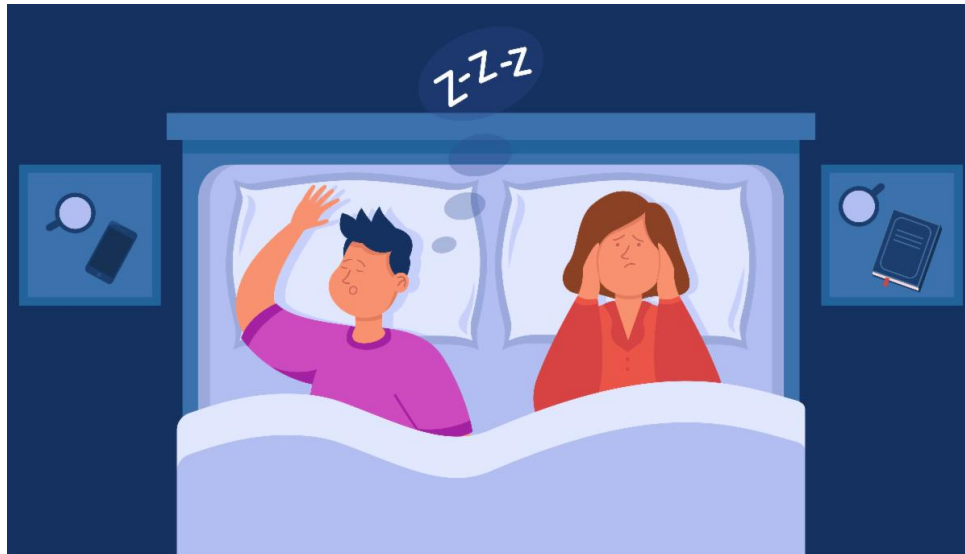
Our Playlists

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When a person's breathing is interrupted during sleep, it can lead to daytime fatigue, irritability, and cognitive impairment.

But studies show that sleep apnea also increases the risk of heart disease, stroke, type 2 diabetes, and other health problems.

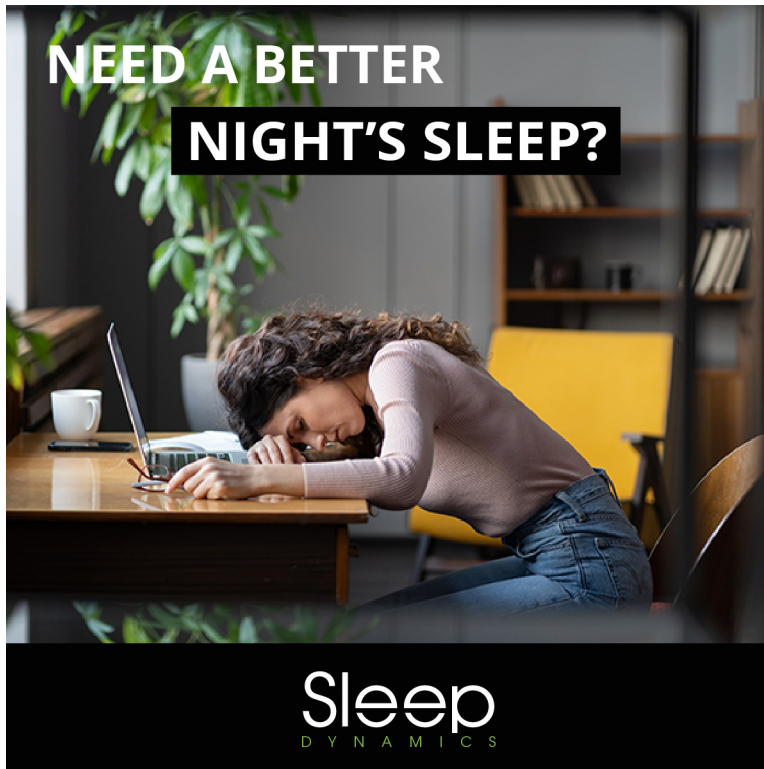
As sleep specialists, we have seen firsthand the impact that sleep apnea can have on a person's health and well-being. However, the good news is that with proper diagnosis and treatment, sleep apnea can be managed effectively.

One of the most common treatments for sleep apnea is continuous positive airway pressure (CPAP) therapy. Another option is an oral appliance, which is a special mouthguard that keeps the airway open.

If you suspect that you or someone you know has sleep apnea, seeking treatment is critical. Not only can it greatly improve the quality of your sleep and daily life, but it can also help prevent potentially life-threatening health problems.

If you have any questions or concerns about sleep apnea or its treatment, please do not hesitate to reach out to us. Your health and well-being are our top priority!

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