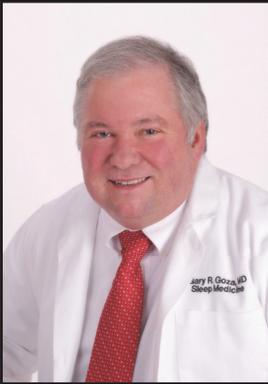


# Our Sleep Specialists



**Gary R. Goza, M.D.**

Board Certified - Sleep Medicine and Neurology

Dr. Goza is a native of Paragould, Arkansas and graduated from Arkansas State University in Jonesboro in 1974. He received his medical degree from the University of Arkansas for Medical Sciences in Little Rock as a member of the Alpha Omega Alpha Honors Medical Society. After two years' residency in Internal Medicine, he completed a three year residency in Neurology before beginning practice in Jonesboro, Arkansas. He became certified in neurology by the American Board of Psychiatry and Neurology in 1985.

While in Jonesboro, between 1984 and 1998, Dr. Goza's practice became more focused on sleep medicine. He became the first medical director for the sleep center which was opened by St. Bernard's Regional Medical Center and maintained that role until 1998, when he chose to relocate his practice to the central Arkansas area. Since 2000, he has practiced sleep medicine exclusively. He was certified by the American Board of Sleep Medicine in 2003. He became certified in sleep medicine by the American Board of Psychiatry and Neurology in 2007, the first year that this was offered.

*"Sleep is our foundation for a healthy mind and body. Many of us experience problems with our sleep, and it can be hard to know where to turn for help when that happens. I enjoy helping others better understand their sleep and what can be done to make it better."*

Dr. Anderson grew up in central Arkansas and is a graduate of the University of Arkansas College of Medicine. He recently completed a fellowship in Sleep Medicine at the Minnesota Regional Sleep Disorders Center, which is regarded as one of the premier training programs in the United States. His wife, Annette, also hails from central Arkansas and has just opened a geriatric psychiatry practice in Conway. After completing their fellowship training the Andersons spent fifteen months practicing medicine and experiencing life in New Zealand before returning to settle in central Arkansas.

Dr. Anderson is interested in all sleep disorders including sleep apnea, insomnia, excessive sleepiness, and circadian rhythm disorders. The fellowship program where he trained has a particularly strong reputation for the evaluation and treatment of parasomnias such as sleep walking and REM sleep behavior disorder.



**David E. Anderson, M.D.**

Board Certified - Psychiatry / Sleep Medicine specialist

*"Restoring good sleep and energy balance to those in need is a satisfying calling."*

Dr. Gregory Krulin attended Medical School at the University of Arkansas College of Medicine in Little Rock, AR and graduated in 1974.

He completed his Internship at the University of Arkansas for Medical Science in Little Rock, AR in 1975 and went on to complete his residency at the University of Arkansas for Medical Science in Little Rock, AR in 1977.

Dr. Krulin is Board Certified in Sleep Medicine and Psychiatry and has been practicing Sleep Medicine in Little Rock for 37 years.



**Gregory S. Krulin, M.D.**

Board Certified - Sleep Medicine and Psychiatry

**FACT:** Only 5% of sleep ailments are successfully diagnosed and treated.\*

**FACT:** 33% of adults who snore have a life-threatening sleep disorder.

**FACT:** Sleep ailments are often associated with serious medical conditions such as:

- Heart Disease
- Hypertension
- Stroke
- Diabetes
- Depression

**FACT:** Sleep disorders can be easily managed once properly diagnosed and treated.

\* According to the National Sleep Disorders Research Center.

## What Sets Us Apart?

- We are accredited by the American Academy of Sleep Medicine.
- As a privately owned facility, we provide un-matched, personalized patient care; as well as a clean, comfortable environment with cozy "hotel-like" bedrooms.
- Patients can be "directly referred" by a primary care physician or specialist, which eliminates the "wait time" of a consultation appointment prior to having a sleep study.
- We providing a streamlined process for the turnaround of study results to both patients and referring physicians.
- We are centrally and conveniently located in Maumelle, just 5 miles off I-40. (10-15 minutes from Little Rock, Conway and North Little Rock).



**MAUMELLE**  
**sleepSOLUTIONS**  
SLEEP DISORDERS CENTER

501 Millwood Circle, Suite F - Maumelle, AR 72116

**Phone: (501) 235-8242**

Fax: (866) 562-1199

All major insurance plans accepted, including Medicare.

[www.maumellesleepsolutions.com](http://www.maumellesleepsolutions.com)

Available on our website:

- Patient Questionnaire
- Sleep Study instructions
- Physician order form
- Map / Driving directions
- Photos of our facility
- Staff physicians
- Patient Education
- Sleep Assessment tool



**SleepPartners**  
Member

A nationwide network of exceptional sleep centers.

# Good SLEEP is essential for Good HEALTH



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**sleepSOLUTIONS**  
SLEEP DISORDERS CENTER

**(501) 235-8242**

[www.maumellesleepsolutions.com](http://www.maumellesleepsolutions.com)

**Accredited by the American Academy  
of Sleep Medicine**

# A Community Leader in Sleep Disorder Evaluation and Treatment

Sleep Apnea affects over 10 million Americans, with an estimated additional 10 million undiagnosed, and is characterized by loud snoring interrupted by frequent episodes of totally obstructed breathing (obstructive sleep apnea).

Serious episodes last more than ten seconds each and occur more than seven times per hour. Apnea patients may experience 30 to 300 such events per night. These episodes can reduce blood oxygen levels, causing the heart to pump harder and over time incur added risk levels for Stroke and Cardiac disorders.

## Sleep Disorder Diagnosis

If you or your partner suffer from excessive snoring, fatigue or irritability, or if you are affected by other conditions such as hypertension or diabetes and you have trouble sleeping through the night, you may be suffering from a sleep disorder.

Sleep disorders are complex and can be difficult to diagnose. That's why Maumelle Sleep Solutions works in partnership with your doctor and offers the most advanced diagnostic sleep testing available.

Overnight sleep studies take place in comfortable, private rooms while you are closely monitored by a registered sleep technologist. These specially trained professionals observe sleep patterns and collect data that will help diagnose your condition.

Once results are compiled and analyzed, you and your doctor will receive a full report outlining both your diagnosis and recommended treatment plan, which will be discussed during your follow-up visit with one of our sleep specialists.

## WE PROVIDE DIAGNOSES AND TREATMENT FOR ALL TYPES OF SLEEP DISORDERS:

- Obstructive Sleep Apnea (OSA)
- Snoring
- Narcolepsy
- Insomnia
- Excessive Daytime Sleepiness
- Restless Legs Syndrome
- Parasomnia
- Night Terrors
- Nightmares
- Shift Work Disorder
- Bruxism
- REM Behavior Disorder
- Periodic Limb Movement Disorder

## Symptoms of Sleep Disorders:

- Snoring
- Pauses in breathing during sleep
- Daytime sleepiness
- Morning headaches
- High blood pressure
- Irritability
- Difficulty concentrating
- Frequent awakenings at night
- Chronic insomnia



By treating sleep apnea you reduce the risk of many other associated diseases including hypertension, diabetes and cardiovascular disease.

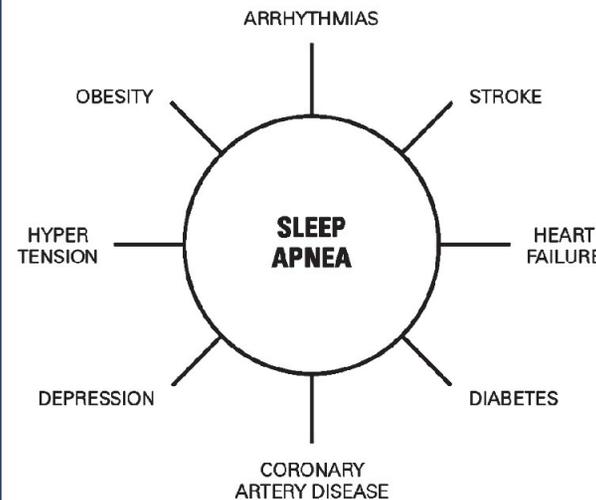


Fig. Studies have linked untreated sleep apnea to all of these diseases.

## DIAGNOSTIC SLEEP STUDIES

A sleep study is considered the "gold standard" in accurately diagnosing sleep disorders. During a sleep study, various brain activities and body systems are monitored while a patient sleeps.

### Polysomnography (PSG)

Polysomnography is an overnight test that measures multiple variables during sleep, including the patient's airflow through the nose and mouth, blood pressure, electrocardiographic activity, blood oxygen level, brain wave patterns, eye movement, and the movement of respiratory muscle and limbs. We also observe various sleep stages and body positions of the patient throughout the night.

### Continuous Positive Airway Pressure (CPAP)

Continuous positive airway pressure therapy is considered the most effective nonsurgical treatment for snoring and obstructive sleep apnea. CPAP uses a machine to help a person who has obstructive sleep apnea breathe more easily during sleep by increasing air pressure in the throat so that the airway does not collapse while breathing in.

### Multiple Sleep Latency Test (MSLT)

MSLT, also called a "nap study," is used to see how quickly a person falls asleep during the day. The MSLT is the standard way to measure the level of daytime sleepiness. A patient's brain waves, heartbeat, eye and chin movements are recorded. This study also measures how quickly and how often one enters the rapid-eye-movement (REM) stage of sleep.

### Maintenance of Wakefulness Test (MWT)

The maintenance of wakefulness test is a daytime polysomnographic procedure which measures the patient's ability to stay awake. It is commonly used to verify the effectiveness of the therapy the patient has been prescribed.



## HOME SLEEP TESTING (Now Available)

Using the latest technology available for In-Home Sleep Diagnostics, the Watermark ARES home sleep testing device identifies sleep apnea in patients who may not be able to have an In-Lab sleep study; including truck drivers, shift workers, patients who are disabled or who may have anxiety about having an In-Lab test.

This new technology now offers patients a cost effective, easy to use, and reliable device for the home diagnosis of OSA, useful in diagnosing outcomes for the surgical and non-surgical treatment of OSA.



\* Home Sleep Testing must be approved by Medical Director for appropriate patients.

\* Per AASM guidelines, Home sleep testing is not recommended for patients with co-morbidities such as CHF, COPD, etc.