

Good Sleep.  
Good Day.  
Good Life.



Zentrum für

**SCHLAFMEDIZIN**

American Sleep Clinic

Sleep keeps us alive.  
Many factors are necessary for this.  
But a lot can happen  
during sleep.

### Disturbed sleep. Disordered day, impaired quality of life.

Sleep onset insomnia and disturbed sleep-maintenance are widespread. Overall, we now know over 80 different sleep disorders, most of which can be treated well by an experienced sleep specialist. This requires an individual diagnosis of the underlying causes. As a result, a special therapy can be used in most patients. These root-cause sleep disorders are often eliminated without the use of typical sleeping pills. Sleep disorders affect children as well as adults.

Children usually have a sleep disorder if they have the following problems:

- It's hard to get out of bed in the morning  
have learning and concentration disorders (ADHD)
- Audible "heavy" breathing or snoring
- Nocturnal urination after the age of 5 years
- Delay in social and physical development  
pre-existing heart, lung or genetic diseases  
Strongly overweight

And in adults:

- Restless sleep despite sufficient sleep time
- Falling asleep in quiet situations
- Loud snoring or respiratory arrest
- Frequent awakening at the beginning of the night
- Overweight/Obesity
- Diabetes, hypertension  
heart disease (especially atrial fibrillation)
- Burnout Syndrome and Depression

If left untreated, sleep disorders can lead to serious illnesses, reduced quality of life and, in most cases, severe social stress, such as lower performances at work or in school. Children however, could enhance disorders in physical and educational development. In this case, it is important for the signs described above to be taken seriously.

Risc factors  
should be taken very  
seriously.

Because our throat muscles relax during sleep, there are certain factors that are responsible for causing snoring and sleep apnea.

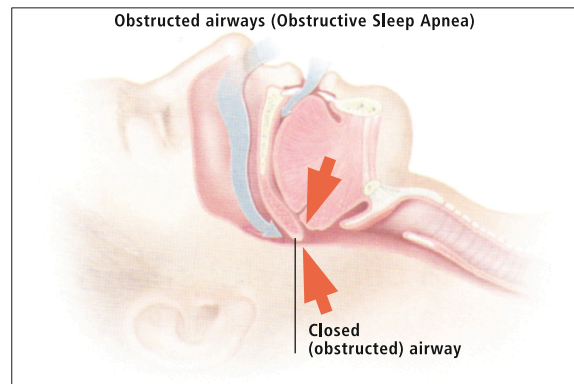
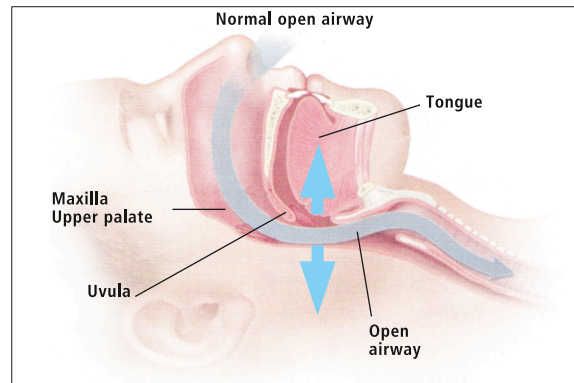
These factors include e.g. overweight, a small jaw, large tonsils, a big tongue, sleep deficit, medications, and alcohol intake.

If left untreated, respiratory arrest can cause other serious ill-nesses such as stroke, diabetes, and heart attack

in addition to high blood pressure.

Furthermore, the often-associated "micro-sleep" limits driving ability. This is a very serious, dangerous impairment especially for professional drivers. Even snoring without respiratory failure can lead to circulatory diseases and should therefore be examined and treated.

**First and foremost:  
Eliminate the risk  
factors.**



We take time for you.  
First consult, advise – and  
then treat.

Through intensive questioning, detailed consultations and targeted diagnostic procedures, we develop a diagnosis and treatment concept most suitable to your specific needs.

Working with other medical disciplines, for example, general practitioners, pulmonary specialists, ENT specialists, neurologists, psychiatrists and pediatricians is a matter of course for us.

Your comfort is  
most valued with us.  
Feel at ease.

After your consultation, we are most welcome to show you your room. On a regular basis, you will spend the night in your room until the next morning. A TV, WiFi, own bathroom, dinner and breakfast are included.

We want you to enjoy your stay as much as possible. Therefore a rather hotel-atmosphere awaits you instead of a hospital one.



We carry out extensive, very special measurements using state-of-the-art equipment. At home and in the sleep laboratory.

In the evening, around 10 P.M. (children are cabled earlier around 8 P.M) various electrodes are applied to the head, chest and legs to make extensive measurements overnight.

### Many comprehensive measurements during your sleep.

This includes a permanent blood pressure measurement and control of oxygen saturation. Leg movements (RLS) are also measured, as well as the different phases of sleep, such as falling asleep and deep sleep phases. Dreaming phases (REM sleep) are also recorded accurately.

Our patients are under constant observation during every study. None of our examinations are painful and are 100% harmless.

If the medical doctor advises you to undergo an extended sleep study, we will let you sleep as long as you want. Otherwise, the study ends by 6:30 A.M. Once the cables have been removed the morning after, we will decide whether another sleep study is necessary depending on the results the night before.

Then your sleep study results will be evaluated by our specialists in a time consuming process (usually between 10-12 days). Afterwards, our doctor consults you on the outcome and further procedures when needed.



*During sleep non-interfering contacts that take measurements during the entire sleep phase.*



We carefully check  
which treatments can be  
implemented.

The determination of patients' sleep-wake-cycle and time of sleep is sufficient at home. This way the existing therapy can be optimized. In most cases, however, an examination in the sleep laboratory is necessary. Sleep is measured often at night and even during

the day. As a result, an individual therapy can then be initiated.

About 50% of patients have problems falling asleep and 70% of

the patients who have good but not recovered sleep, have respiratory disturbances that cause their sleep-wake disorder. A treatment gets necessary when respiratory disturbances interfere with either the recovery function of sleep or when risks of a cardiovascular disease increase.

Nowadays, many treatment methods have been discovered and are being practiced. Professor Schneider has developed special therapies that are even recognized internationally. They eliminate and cure respiratory disorders during sleep. The usage of breathing aids cause patients to create a normal airflow (just like a pair of glasses removing visual disturbance for example).

**Caution! A lot of non-sense can be found on the Internet.**

Examples of false information:

Every patient is informed by Professor Schneider in such a way that they can judge for themselves



the sense and nonsense of many therapies listed on the Internet.

Particularly new findings are:

- Not every patient needs a so-called sleep mask
- CPAP therapy is often not necessary for life
- Facial masks often worsen breathing during sleep
- Surgical procedures cure certain patients

# Countless satisfied patients speak for our competence.

Dennis D., 46 years old, came for a sleep study due to sleep-disordered breathing and respiratory disorders: citation one year after therapy.

"Professor Schneider, you saved my life."– Thank you so much! Only one month after the therapy, my child had a much better spirit and had an improvement in socializing with his classmates again. After about a year, he got much better in school and no longer needs special support/tutoring. "

In the very best hands at the American Sleep Clinic.

Matthew C's mother.: Matthew, 9 years old, came to our clinic because his academic performance and physical development were delayed. In approximately 30% of all children who have throat / palate / tonsil surgery, breathing disorders increase, which impaired Matthew's learning function. He uses the CPAP treatment every night and feels uncomfortable sleeping without it.



"Professor Schneider, before my treatment I slept about 11 hours every night, now I only need 7 hours. In total, I've overslept 2 years in the last 10 years!"

Herbert S.: 58 years old, a plumber, who was constantly tired after a heart attack about 10 years ago and fell asleep in the evening while watching the news.

*Professor Dr. Hartmut Schneider has been working scientifically for better internal (sleep) medicine since 1987. His more than 20 years of research at Johns Hopkins University in Baltimore (USA) in the field of sleep and internal diseases have earned him significant national and international recognition. For example, he has developed new treatment methods for children and adults with lung diseases.*



*The measurements that are now technically possible - which should be part of the standard internal medicine and cardiology examination - can be carried out here at the American Sleep Clinic. These experiences and possibilities now benefit people in the Frankfurt area.*

*The standard is based on the American Academy of Sleep Medicine, which is why the center is also known as the American Sleep Clinic.*

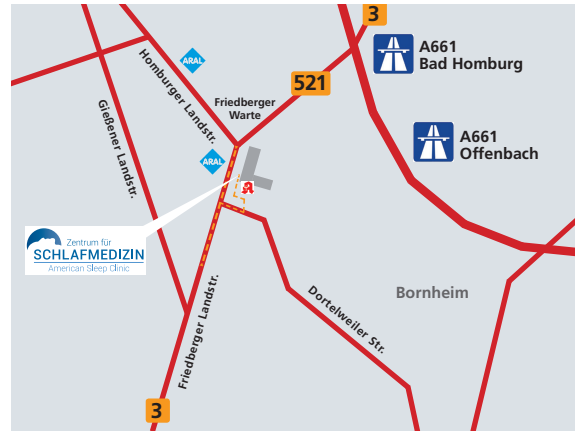
We are located  
in the center of Germany.  
Very central.

Ideal location,  
excellent connections,  
easy to reach.

The American Sleep Clinic in Frankfurt am Main was opened in 2009 in a central location and is quick and easy to reach – whether by car via the A3 and A661 (exit Stadtmittel), via the Offenbacher Kreuz or Kassel and Bad Homburg from the A5. The S-Bahn line 18 stops just a few meters from the American Sleep Clinic building.

Our guests can use our own parking spaces free of charge during their stay in our sleep laboratory.

The entrance to the parking garage is via Dortelweilerstraße. The parking garage is shared with "tegut" and the parking spaces for our sleep center are reserved for you on the left-hand side after the entrance.



**American Sleep Clinic · Friedberger Landstr. 406 · 60389 Frankfurt am Main**

**Tel.: +49 (0) 69 808 807 777 · Fax: +49 (0) 69 808 807 779 · eMail: [info@american-sleep-clinic.com](mailto:info@american-sleep-clinic.com)**

**[www.american-sleep-clinic.com](http://www.american-sleep-clinic.com)**