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200 Belle Terre Road, Port Jefferson, NY 11777

(631) 474-6251 / (631) 476-5582 fax

Contact: Marilyn Fabbriante

Director, Public & External Affairs

Lead Sleep Tech at St. Charles Receives National Sleep Achievement Award

Deborah Carr, lead tech, St. Charles Hospital Sleep Disorders Center, received the honor of being named best lead sleep tech in the nation in *Advance* news magazine's seventh annual National Sleep Achievement Awards. *Advance* is a national health care magazine for clinical, technical and business management trends for pulmonary, respiratory care, and sleep. This is the second year in a row that St. Charles Sleep Disorders Center was recognized; having received *Advance's* Sleep Achievement Award in 2008 for one of the top three sleep disorder facilities in the nation.

Advance selected Deborah, a 12-year sleep veteran, as best lead tech in the nation due to the fact that she "goes a notch above her vital patient education. On behalf of patients who can't afford their much-needed positive airway pressure, Carr contacts home care companies to see if she can secure a refurbished or low-cost machine."

In addition, Deborah created a special "yearbook" with photos and information on various types of sleep equipment in order to cut down on confusion and frustration when patients are prescribed with a PAP machine. "They have a mask, but they don't know what it's called," she said. "Or they describe it, but we can't figure out what mask it is. The yearbook really helps out."

Sleep Disorders Center coordinator, Brendan Duffy, RPSGT, in his nomination essay said, "Deborah is a true professional who is committed to the best care possible for our patients. She also is a great role model for her staff and encourages them to reach the levels that she knows they are capable of reaching."

St. Charles Hospital's state-of-the-art, 6-bed Sleep Disorders Center provides professional evaluation by board-certified physicians and comprehensive sleep monitoring by specially trained technicians in a beautiful hotel-like environment. Specialists in the fields of neurology, dentistry, pulmonary medicine, and psychology evaluate patients with a variety of sleep complaints and disorders. Primary sleep disorders include sleep apnea, insomnia, narcolepsy, sleep walking, sleep terrors, jet lag, shift work and restless legs.

For more information on sleep disorders, please call (631) 474-6797.
