

Insomnia Resources

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Web Sites:

www.sleepfoundation.org

www.personalhealthzone.com

www.sleepnet.com

www.4women.gov

www.iris-publishing.com/sleep.html

www.thesleepsite.com

www.healthysleeping.com www.shuteye.com

www.questia.com

www.aasmnet.org

Books:

William C. Dement, *A Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep*

Barry Krakow, MD, *Insomnia Cures: Sleep Hygiene Practice Makes Permanent*

Peter Hauri, *No More Sleepless Nights*

Cognitive Behavioral Sleep Specialists

<p>David Neubauer, MD Johns Hopkins Sleep Center 5501 Hopkins Bayview Circle Suite 4B, #50 Baltimore, MD 21224 410-550-0571</p>	<p>Robert L. Jenkins, Ph.D George Washington University Dept. of Psychology/Behavioral Science 2150 Pennsylvania Ave., NW Washington DC 20037 202-741-2883</p>
<p>Meredith Cary PsyD 1325 18th Street NW Suite 209 Washington DC 20036 707-413-1641</p>	<p>Michael T. Smith, Ph.D Behavioral Medicine Clinic 600 North Wolfe Street/Meyer 101 Baltimore, MD 21287-6792 410-955-6792</p>

There may be other qualified Behavioral Sleep Specialists not included on this list. Before starting behavioral treatment, most patients prefer to find out how much their out-of-pocket payments will be. First, call the provider about treatment, and ask:

1. Which treatment codes – or CPT codes – the provider uses.
2. What is the total cost of treatment?
3. Does the provider participate with your insurance company for this treatment?

Then call your insurance company and ask:

1. Will the insurance company approve the treatment for you?
2. How much will the insurance company pay your provider for this treatment?
3. How much will you have to pay yourself for this treatment?