

SLEEP DISORDERS

RESOURCES REFERRAL

MANUAL



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Table of Contents

Key terms	3
Helpful web pages.....	3,4
Matrix of facilities with island locations.....	5
Acupuncture & Herb Clinic Hawaii.....	6
Chaminade University of Honolulu (students only).....	6
Hawaii Hypnosis Center.....	7
Hawaii Naturopathic Retreat.....	7
Ho’oko LLC.....	7
Kauai Counseling and EAP.....	8
Kuakini Pulmonary Sleep Disorder Center.....	8
Maui Acupuncture.....	8
Maui Counseling Group.....	9
Maui Healing Center.....	9
Maui Medical Group Sleep Center.....	9
Molokai Acupunture and Massage.....	9
Molokai Community Health Center.....	10
Natural Healing Hawaii.....	10
Nioloopua Sleep Wellness Center.....	10
Pacific Sleep Tech.....	11
Queens Medical Center Sleep Lab.....	12
RX Sleep.....	12
Sleep Center Hawaii.....	13
Straub Sleep Disorder Center.....	14
The Sleep Lab.....	14
Waianae Coast Comprehensive Health Center.....	15
West Maui Counseling Center.....	15
West Hawaii Community Health center.....	16
Durable Medical Equipment Suppliers in Hawaii.....	16

**** The listings in this community referral resource manual are for reference only, and are not intended to be an endorsement, nor offer or replace medical advice.**

Helpful Terms and Information

Sleep disorder: Sleep disorders are changes in sleeping patterns or habits. Signs and symptoms of sleep disorders include excessive daytime sleepiness, irregular breathing or increased movement during sleep, difficulty sleeping, and abnormal sleep behaviors. A sleep disorder can affect your overall health, safety and quality of life. With accurate diagnosis, doctors can treat most effectively. -*Mayo Clinic*

Sleep hygiene: Sleep hygiene is a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness. – *National Sleep Foundation*

Helpful web pages for sleep related services/information

American Sleep Association: www.sleepassociation.org

General information about sleep health, tips and questionnaires

Chaminade University of Honolulu: (only Chaminade students can obtain on campus services)

<https://www.chaminade.edu/student-affairs/health-resources-and-information>

Health Resources and Information (including sleep information)

Find a Therapist or Counselor

(enter zip code and search for desired service such as “insomnia”):

<https://therapists.psychologytoday.com/rms/>

Hawaii’s Therapy Directory: www.hawaiitherapist.com

Directory of therapists specific to state of Hawaii.

Keiki Injury Prevention Coalition (KIPC):

<http://kipchawaii.org/the-coalition/safe-sleep/safe-sleep-instructions-and-resources/>

Information focused on prevention of SIDS (sudden infant death syndrome) and support those affected by this or similar.

Kids Health: <http://kidshealth.org/en/kids/not-tired.html>

What sleep is and why kids need it.

Mayo Clinic:

<http://www.mayoclinic.org/diseases-conditions/insomnia/basics/definition/CON-20024293>

Information about insomnia

National Institute of Child Health and Human Development:

<https://www.nichd.nih.gov/health/topics/sleep/conditioninfo/Pages/rem-sleep.aspx>

What is REM Sleep?

National Institute of Neurological Disorders and Stroke:

http://www.ninds.nih.gov/disorders/brain_basics/understanding_sleep.htm

Brain Basics; Understanding Sleep.

National Sleep Foundation: www.sleepfoundation.org

Description of sleep disorders, search tool for service providers, journals.

Sleep Deprivation: www.sleep-deprivation.com

Information about sleep disorders, assessment and treatment.

Sleep Education: www.sleepeducation.org

Information about several sleep related disorders and a search tool for locating a sleep center near you for testing.

WebMD: <http://www.webmd.com/sleep-disorders/sleep-apnea/sleep-apnea>

Sleep apnea information.

- ❖ Several individual organizations listed throughout this manual also have useful information online in addition to the list of services offered.



Facilities of Interest in Hawaii

Facility/Organization	Oahu	Big Island	Maui	Molokai	Kauai
Acupuncture & Herb Clinic Hawaii	X				
Chaminade University of Honolulu	X				
Hawaii Hypnosis Center	X				
Hawaii Naturopathic Retreat		X			
Ho'oko LLC	X				
Kauai Counseling and EAP Services					X
Kuakini Pulmonary Sleep Disorder Center					
Maui Acupuncture			X		
Maui Counseling Group			X		
Maui Healing Center			X		
Maui Medical Group Sleep Center					
Molokai Acupuncture & Massage				X	
Molokai Community Health center				X	
Natural Healing Hawaii	X				
Nioloopua Sleep Wellness Center	X				
Pacific Sleep Tech	X	X			
Queens Sleep Lab	X				
Sleep Center Hawaii	X	X			
Straub Sleep Disorder Center	X				
The Sleep Lab	X				
WCCHC (Waianae Coast)	X				
Rx Sleep					X
West Maui Counseling Center			X		
West Hawaii Community Health Center		X			

Names in **RED** represent **diagnostic sleep lab type facilities**

Names in **Green** represent **alternative/naturopathic type facilities**

Names in **Purple** represent **counseling/behavior health departments/facilities.**



1145 Bishop Street, 2nd Floor Honolulu, HI 96813 808-781-4920
<http://chinesemedicinehawaii.com/about-chinese-medicine/acupuncture-for-insomnia/>

- Acupuncture treatment for insomnia, based on theory that body's energy of Qi is not properly reaching Yin or Yang areas.
- Acupuncture treatment aims to open these channels to allow the body to function normally again.
- Web site gives tips for health sleeping, including dietary concerns.
- Hours: Monday-Wednesday 9am-5pm, Thursday 3pm-5pm, Sundays – Closed.
- Accept cash check and credit card payments.
- Pricing:
 - \$75 initial in-take diagnosis and consultation, processing, and comprehensive exam.
 - Each additional follow-up treatment thereafter is \$55
 - 3 & 6 & 10 treatment packages available at a significant discount – inquire at the clinic or through email: marccapener@yahoo.com



Chaminade University
 OF HONOLULU

- Counseling services available for enrolled Chaminade students Ph: 808-735-484
- Center for medical psychology focuses on research, teaching and service related to several social and psychological concerns including sleep. Ph: 808-739-4685
 - Directed by Dr. Trevorrow
- Office of Student Activities and Leadership event board: <https://events.chaminade.edu/>
 - Past events have included “improve sleep” workshop and “stress management”
 - OSAL office can be reached at 808-739-8556
 - Services available to enrolled Chaminade students



Hawaii Hypnosis Center

765 Amana St., #205 Honolulu, HI 96814 (Oahu) 808-221-7353 www.hawaiihypnosiscenter.com

- Utilizes hypnosis as means to break negative sleeping patterns.
- Free phone consult to see if service fits your needs.
- See web site for a description of hypnosis and its uses.
- Hypnosis is often not covered by insurance (check with your company for coverage info) but may be paid for using flex spending accounts.

Hawaii Naturopathic Retreat

Aloha Wellness Center 239 Haili St., Hilo HI 96720 808-933-4400
<http://www.hawaiinaturopathicretreat.com/conditions/insomnia/>

Our guidelines are

1. Address the underlying medical or psychiatric cause
 2. Initiate lifestyle and nutritional changes
 3. Avoid pharmaceuticals such as benzodiazepine or non benzodiazepine drugs
 4. Control the sleeping environment and regulate sleeping habits
 5. Balance neurotransmitters and hormones responsible for sleep
- Web site has many tips for improving sleep and information about specific sleep disorders as well as possible causes.
 - Program treatment includes meditation, psychotherapy, hormonal rebalancing, and more.

Ho'Okoko LLC

94-1221 Ka Uka Blvd., Suite B202 Waipahu, HI 96797
 808-375-7712 www.hookollc.com

- Offer a range of counseling services including behavior management, depression and anxiety, stress, PTSD and trauma.
- Hours vary by individual counselor seen.
- Accept cash, check, card and insurance payments (check with your insurance company for coverage information).



2970 Kele Street, Lihue, HI 96766 808-651-9000 www.kauaicounseling.com

- Offering counseling services related to stress and anxiety reduction, depression and many others.
- EAP services have eligibility requirements; inquire with facility directly.
- Insurances accepted (check with your insurance company for coverage information).
- There may be a chance for flexible fees for service; inquire directly for details.

Kuakini Pulmonary Sleep Disorders Center

347 N. Kuakini Street Honolulu, HI 96817 (Oahu) 808-547-9119

<http://www.kuakini.org/wps/portal/public/Programs-Services/Sleep-Disorders-Center>

“The Kuakini Pulmonary Sleep Disorders Center (“Sleep Center”) has been conducting sleep tests and studies since 1982. It was the first sleep laboratory established in the State of Hawaii, serving over 17,000 patients to date. The Sleep Center is staffed by Sleep Technologists, who are nationally credentialed respiratory therapists and polysomnographic technologists, with specialized training in Sleep Medicine and Technology. It has a total of four beds specifically designed for the evaluation of sleep disorders, supported by state-of-the-art computers and sleep research technology.”

- HMSA and Medicare/Medicaid accepted.
- Check with your insurance company for coverage and eligibility information.



2 locations on Maui

1215 S. Kihei Rd Kihei, HI 96753

808-661-9949

3600 L. Honoapiilani Rd suite B2 Lahaina, HI 96761

808-387-9647

- Offering alternative treatment or several conditions including insomnia
- Treatments offered include acupuncture, Chinese herbs and other natural items.
- Accept cash, check, credit card and some insurances (check with your insurance company for coverage information).

Maui Counseling Group

808-249-2121

www.mauicounselinggroup.com

161 Wailea Ike Pl, Kihei, HI 96753

1787 Wili Pa Loop #7 Wailuku, HI 96793

- Offering counseling services in anxiety, depression, PTSD and many more.
 - These services can be helpful if your sleep challenges are related to the above concerns.
- 2 locations on Maui.
- Opportunity for evening and weekend appointments.

Maui Healing Center

4230 Lower Kula Rd. Kula, HI 96790

808-878-2059

www.mauihealingcenter.com

- Hours: M-F, 9am – 3pm
- Uses acupuncture to allow proper flow of body's energy and promote balance
- Insomnia is among many conditions treated here.
- Insurance accepted (check with your insurance company for coverage information).
- Online appointment request function.



Maui Medical Group Sleep Center

2180 Main St. Wailuku, HI 96793 808-242-6464

- Directed by Dr. Sullivan who has over 25 years of experience in the field.
- Evaluation and treatment of snoring, apnea and insomnia.
- Web site has online quick test related to apnea.



Molokai Acupuncture and Massage

40 Ala Malama Street upstairs, Suite 206 Kaunakakai, HI 96748

808-553-3930

www.molokaiwellness.com

- Aim to restore health and balance through oriental medicine techniques.
- Yoga also available.
- Treatment for many conditions including insomnia.
- How it (acupuncture) works:
 - “Each acupuncture point has a variety of unique physical and electrical properties, and stimulation of these points produces definite physiological reaction, such as changes in heart rate and blood pressure. By stimulating appropriate acupuncture points along the body's meridians, blocked energy is released allowing the body's own natural healing energy to flow and restore balance and health.”



30 Oki Place Kaunakakai, HI 96748

808-553-5038

<http://www.molokaichc.org/content/behavioral-health-services>

- Behavioral Health Department offers general counseling and behavioral health services.
- This can include relaxation training, stress management, and others.
- Accept cash, credit and insurances (check with your insurance company for coverage details).
- Hours: M-F 8am – 6pm.



5283 Kimokeo Street Honolulu, Hawaii 96821 808-373-9966

<http://www.naturalhealinghawaii.com>

- Hours: Monday through Friday; 9:00 a.m. to 6:00 p.m. (By appointment)
- Naturopathic approach to health including Chinese medicine, herbal medicine, clinical nutrition, lifestyle counseling and more.
- Insomnia is among the long list of conditions treated at this facility.
- In house lab testing for several items such as blood chemistry, urinalysis and hormone levels.

Niolopua Sleep Wellness Center

932 Ward Ave, 6th Floor Honolulu, HI 96814 808- 535-5555

www.manakaionalama.com/niolopua-sleep-wellness-center

- Comprehensive multidisciplinary services to achieve optimal sleep wellness.
- Progressive state-of-the-art sleep lab with comforts of home.
- Psychologists provide education for insight on healthy sleep behaviors, relaxation techniques and dream therapy.
- In-house sleep medicine specialists, referral network of dentists and surgical specialists.
- Patient tracking to ensure comfort, compliance and optimal treatment outcomes.
- Sleep questionnaire available on web site.



www.pacificsleeptech.com

Oahu

320 Ward Ave #101, Honolulu, HI 96814
808-486-1500

98-1247 Kaahumanu St #106, Aiea, HI 96701
808-486-1500

Big Island

670 Ponahawai St #205, Hilo, HI 96720
808-486-1500

Services Offered

Baseline (full night diagnostic)	Split Half (diagnostic/CPAP)	CPAP (Full Night)
BiPAP (Full Night)	MSLT (Sleep Latency Test)	MWT (Wakefulness)

- See web site for tips about sleep hygiene, Restless Leg Syndrome information, sleep apnea, sleeping positions, sleep calculator, and more.
- “We are currently accepting patients. Most insurances are accepted. Our office hours are from Monday to Friday from 8:00am to 5pm and the Sleep Lab is open from Monday to Saturday from 6:30pm to 6:30am.”
- Most insurances are accepted.
- Check with your insurance company for coverage and eligibility.



THE QUEEN'S MEDICAL CENTER

808-691-4396

<http://queensmedicalcenter.org/sleep-laboratory>

Services Offered

Overnight / Modified Polysomnograms Multiple Sleep Latency Testing

Continuous Overnight Pulse Oximetry Nasal Continuous Positive Airway Pressure application

Accepted Insurances Include: (check with your insurance provider for coverage info)

Beech Street PPO Network aka Concentra or VIANT Network

Coventry/First Health First Medical Group Hawai'i Laborers Health and Welfare Trust

Health Systems International (HSI) HMA, Inc.

HMAA HMSA (Blue Cross/Blue Shield) Humana Choice Care

MDX Aetna MDX Cigna MDX Deseret Mutual

MDX Hygeia/United Health Care MedSave

MultiPlan / PHCS RBC Travel Insurance (aka Assured Assistance)

University Health Alliance (UHA)

HMSA HMO – Health Plan Hawai'i HMSA HMO – Pacific Health

AlohaCare QUEST HMSA QUEST Ohana QExA (WellCare)

Ohana Family Plan QUEST (WellCare) United Health Care Community Plan QExA

United Health Care Community Plan QUEST United Behavioral Health

AARP United Health Care Akamai Advantage (HMSA) AlohaCare Advantage

Evercare HMSA Medicare 65C+ Humana Choice Care

Ohana (WellCare) Medicare Advantage Secure Horizons

United Health Care Medicare Complete Choice Tricare and Veterans Affairs



(Pacific Pulmonary & Sleep Disorder Diagnostics Center)

3125 A Elua Street Lihue, HI 96766 (Kauai)

www.rxsleep.com

- Offering overnight testing as well as home sleep testing.
- Information about various sleep disorders on web site
- Sleep tips and sleep questionnaire online
- Accepts insurances (check with your insurance company for coverage details)



Main Phone: 808-456-REST (7378) Main Fax: 808-483-8822 www.sleepcenterhawaii.com

Pearl City (Oahu)

98-1238 Kaahumanu Street #300
 Pearl City, HI 96782
 Phone: 808-456-REST (7378)
 Fax: 808-483-8822

Honolulu (Oahu)

1188 Bishop Street #2511-12
 Honolulu, HI 96813
 Phone: 808-456-REST (7378)
 Fax: 808-483-8822

Hilo (Big Island)

56 Kamehameha Avenue
 Hilo, HI 96720
 Phone: 808-WOW-REST (969-7378)
 Fax: 808-969-8189

Kona (Big Island)

75-167 Kalani Street
 Kailua Kona, HI 96740
 Phone: 808 32SNOOZ(76669)
 Fax: 808-327-4506

Services Offered

Overnight sleep study (polysomnography)

Pediatric sleep study

Behavioral Health Services

General Clinical Psychology

Neurodiagnostic Services

Home Sleep Testing

Sleep Center Hawaii is proud to accept all major insurances, including:

Sleep Studies

Blue Cross Blue Shield	United Healthcare Military West	HMSA HMO	HMSA PPO
HMSA 65C+	HMAA	Medicaid	UHA
HMA	United Healthcare	Aloha Care	Med Quest
Ohana Healthcare	VA	Evercare	Hawaii Laborers
PHC	Medicare for Sleep Studies		

Neurodiagnostic Services

Aloha Care HMA HMAA HMSA HMO/PPO United Healthcare Military West

MDX all except UHC Medicaid/Medicare

*Some insurances require prior authorization for sleep studies.

If you have questions about specific insurances, please call (808) 456-7378

STRAUB

CLINIC & HOSPITAL

An Affiliate of Hawai'i Pacific Health

Straub Sleep Disorders Center (Neurology Department)

888 S King St, Honolulu, HI 96813 808-522-4448

www.hawaiipacifichealth.org/straub/services/neurology-neurosurgery/

“Straub's Sleep Disorders Center is an accredited, full-service sleep center in the Pacific Basin which offers comprehensive diagnostic and treatment services to patients of all ages with sleep-related disorders such as insomnia, excessive daytime sleepiness, obstructive sleep apnea, heavy snoring, narcolepsy, nightmares or sleepwalking/sleeptalking.”

- Straub is part of the Hawaii Pacific Health network; check with your insurance company for eligibility and coverage information.



Castle Professional Building Suite 314 46-001 Kamehameha Hwy. Kaneohe, HI 96744

808-234-0033

thesleeplabof@aol.com

<http://thesleeplabhawaii.com/home/1901926>

- Full service sleep center
- Home testing facility
- Durable equipment provider (CPAP)
- Accepts credit card, check and insurances (check with insurances for coverage/eligibility)



Main Line: (808) 697-3300

<http://www.wcchc.com/BH/Locations>

Kapolei Behavioral Health | 697-3656

(located in the Kapolei Medical Park Building)
599 Farrington Highway, Suite 208
Kapolei, HI 96707

Main Campus

86-260 Farrington Hwy.
Waianae, HI 96792

Waipahu Behavioral Health | 697-3839

(located in the Filipino Community Center)
94-428 Mokuola Street, Suite 108B
Waipahu, HI 96797

86-260 Farrington Hwy. Waianae, HI 96792

- Behavioral Health department offers support for several behavioral health concerns including sleep/insomnia concerns.
- Call any of 3 locations directly or ask your healthcare provider for a referral.



West Maui Counseling Center

727 Wainee Street Suite 201 Lahaina, HI 96761

808-280-4192

www.westmauicounseling.com

- Offering family and individual counseling services.
- Biofeedback and stress management services available.
- Hours: M-F 8am – 7pm and Saturday by appointment.
- Accept card payment and many insurances (check with your insurance company for coverage information).



The mission of West Hawaii Community Health Center is to make quality, comprehensive, and integrated health services accessible to all, regardless of their ability to pay.

West Hawaii Community Health Center

www.westhawaiihc.org

3 sites offer Behavioral Health services

Hours: 8am – 5pm

75-5751 Kuakini Highway, Suite 104
Kailua-Kona, Hawaii 96740
808-326-5629

68-1845 Waikoloa Road, Suite 207
Waikoloa, Hawaii 96739
808-769-5160

81-980 Haleki'i St. Suite 107
Kealahou, Hawaii 96750
808-324-0703

- Emphasis on treating the whole person.
- Staff includes Psychiatrist, Psychologist and Social Worker.
- Accept insured and self-pay patients.
- Check with your insurance company for coverage information.
- You may be eligible for discounted services, see the financial representative to inquire.
- “Everyone is welcome, regardless of their ability to pay.”

Durable Equipment Suppliers

- ❖ Remember to check with your insurance company, if applicable; for coverage options before ordering supplies.

Ace Medical Inc. CPAP and other medical equipment supplier	808-678-3600	http://www.acemedicalinc.com
Apria Healthcare	808-485-0178 (Oahu)	808-871-4267 (Maui)
Coastal Medical Supply	808-545-2500	http://www.coastalcpap.com
The Sleep Lab **Also offers assessment of sleep disorders **	808-234-0033	http://thesleeplabhawaii.com