SLEEP DISORDERS
RESOURCES REFERRAL MANUAL

Original By: David M. Sprouse (2016)
Chaminade University of Honolulu

Edited By: Ronnie Mulford, Ph.D.
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**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.

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

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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.
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

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’Oko LLC


- 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).
Kauai Counseling & EAP Services
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.

Source Unlimited
MauiAcupuncture.com

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.
  o 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 or 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:
  o “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.”
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.

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.

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.
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 (Wakefullness)

• 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.
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 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.

The Sleep Lab

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

808-234-0033      thesleelabof@aol.com      http://thesleelabhawaii.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.wcche.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.westmaucounseling.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).
West Hawaii Community Health Center

www.westhawaiichc.org

3 sites offer Behavioral Health services  Hours: 8am – 5pm

75-5751 Kuakini Highway, Suite 104  68-1845 Waikoloa Road, Suite 207
Kailua-Kona, Hawaii 96740  Waikoloa, Hawaii 96739
808-326-5629  808-769-5160

81-980 Haleki’i St. Suite 107
Kealakekua, 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.  808-678-3600  http://www.acemedicalinc.com
CPAP and other medical equipment supplier

Apria Healthcare  808-485-0178 (Oahu)  808-871-4267 (Maui)

Coastal Medical Supply  808-545-2500  http://www.coastalcpap.com

The Sleep Lab  808-234-0033  http://thesleeplabhawaii.com

**Also offers assessment of sleep disorders**