

# THE SOMNUS ODYSSEY

## WELLNESS INSTITUTE FOR SLEEP & HEALTH NEWSLETTER



### OUR HOME IN CAMAS

Construction is currently underway for our office space. We continue providing telehealth services with minimal wait times.

### SPECIALIZED

#### SERVICES OFFERED:

- Level II home-based sleep study with sleep staging
- CBT-I Certified instructor for tailored insomnia management
  - Individual or group sessions are available
- Telehealth services and quick access

## MEET OUR MODEL!

We are a direct specialty care clinic. A superbill is available for patients to submit to their insurance for reimbursement.

Our goal is to provide cutting edge sleep medicine services while utilizing lifestyle improvement measures for wellness.

## FOR PROVIDERS

Feel free to send us a referral using your practice's standard method. We gladly accept pertinent documents on our secure fax line.

Patients are able to directly schedule through our website. Our staff will reach out directly after the referral is received.

[WWW.WISHCARES.ORG](http://WWW.WISHCARES.ORG)

# GETTING TO KNOW THE PROVIDERS

[Check us out on YouTube](#)

## »»» ANKUR PATEL M.D., M.S.



Dr. Patel has a strong passion for sleep that drove his interest in choosing the specialty as a career. He often credits his mentors for fanning the flames that directed his niche interests.

He strongly believes in the necessity to learn more and optimize sleep as a primary function for wellness, and constantly looks to update, review, and deliver the newest and best for his patients.

His goal is to provide the highest evaluation and treatment standards in all aspects of the field, but his favorite subjects (on a personal level) are the circadian rhythm and sleep-wake disorders.

He has also been interested in remote healthcare delivery through telemedicine, and has been excited to utilize this as a primary system for the practice to expand the reach of the niche field of Sleep Medicine to a much wider patient base.

## MIRANDA FEZER PA-C «««



Miranda's deeply rooted fascination with the breadth of sleep, serves as a strong foundation for her curiosity in the field. She has many years of experience, which

coupled with her constant motivation to seek out the most current knowledge and keep her clinical skills sharp, making her a very unique and high-quality provider. Her demeanor is one that patients and colleagues alike are drawn to, and her bedside manner has often been cited in her exceedingly positive reviews.

Although, she is interested in all pathways of Sleep Medicine, her special interests are pediatric sleep disorders, sleep apnea, and insomnia. Recently, after years of already practicing the art, she obtained an official certification in CBT-I, and developed the therapy program for WISH.

Apart from being a spectacular provider, she is a model parent with the same extremely high level of dedication to her family. She is truly a valued member of our team!



## Specialists' Corner

Getting healthy sleep was recently added as a "Life's Essential" by the American Heart Association, as a key measure to optimize cardiovascular health. Sleep continues to demonstrate tremendous contribution to the management of many co-morbidities, emphasizing its fundamental interplay on health and well-being.

A simple question can unearth an entirely new dimension of health and is one we highly recommend including as a portion of a complete history at each visit (perhaps to a bed partner for a more honest response): **How is your sleep?**

# A CLOSER LOOK AT DIRECT SPECIALTY CARE

Here at WISH, we utilize a direct specialty care service model. Defining it has been tricky, for sure! The fundamental principle which drives this model is, ideally, patient autonomy and accessibility. We endeavor to empower patients to engage fully in their well-being.

We avoid the direct billing of insurance; however, patients may (and are actually encouraged to) submit their superbills to their respective insurance providers for reimbursement. (Unfortunately, this is not possible for government-backed insurance, and for this reason, we are unable to take Medicare or other federally insured patients at this time.)

## Somnus's September Spotlight

Sleep and Childrens Behavior  
Get to know our clinic

The direct service method helps us minimize overhead (which, from a practice management perspective, is ideal) while offering a specialty service at a reasonable cost. Our goal is to practice medicine freely, openly, and at the highest quality without restriction. In a field such as Sleep Medicine where technology and knowledge are evolving at a rapid pace, this model allows us the utility of cutting edge information, science, and devices to optimally diagnose, evaluate, and treat our patients. It opens the door for us to deliver the absolute highest level of care.

*The Sleep*

FUNNIES



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