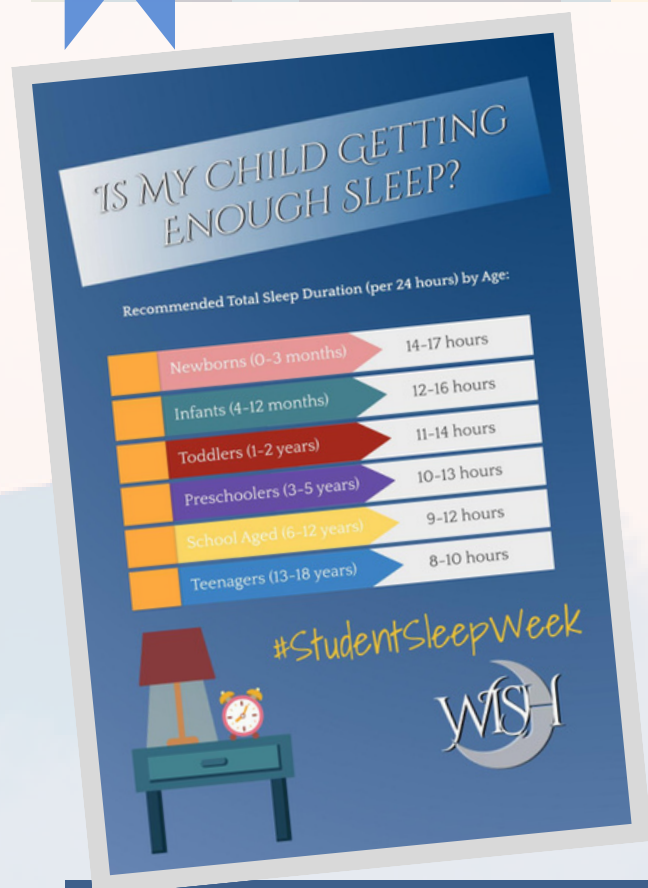


# THE SOMNUS ODYSSEY

COMMUNITY EDITION  
WELLNESS INSTITUTE FOR SLEEP & HEALTH NEWSLETTER



## THE WISH WAY

As a new sleep clinic in the community, we are excited to explain how our system works.

We focus on a TEAM approach for all patients, so you will most likely be in communication with all or most of our staff at some point through your visits. We want to make accessibility a priority, so we do **not** require a referral for visits. Patients may book visits directly through our website at [www.wishcares.org](http://www.wishcares.org), or you may reach out by phone to our staff at (360) 345-3175.

We utilize a patient portal called On-Patient to allow access to intake paperwork, viewing your medical records, and for linking to virtual appointments. This is all set up for you when booking your initial appointment through our website.

The initial questionnaire will take some time to complete, but it is worthwhile so you can fully share your medical and sleep history and allow us to serve you best.

## FOLLOW US ON SOCIAL MEDIA

WISH posts regularly on social media to bring a heightened awareness to sleep in our community. Follow us on Facebook, Instagram, and/or X (Twitter).

The American Academy of Sleep Medicine hosted #StudentSleepWeek this year from September 11-15th, and we were able to join them in recognizing how important students' successes are inside and outside the classroom and how they depend on optimal sleep.

Our medical assistants will connect with you before the provider visit to finalize your intake, as well as afterwards to complete your checkout.

We do not directly take medical insurance, but following your visit, we provide a **superbill** that you can submit for insurance reimbursement to you directly. This direct pay system allows us to utilize cutting-edge technology to optimally evaluate sleep concerns. The sleep world is evolving rapidly, and insurance companies can be quite restrictive to medical systems. Our method opens the door for us to deliver the absolute best level of care to you.

## THE LINK BETWEEN BEHAVIORAL CONCERNS AND SLEEP

People may say “I didn’t sleep well”, and then notice that they do not feel ‘normal’ the following day. Maybe it looks like poor performance at work without a good explanation. Maybe there are issues with a child’s academics or emotional behaviors which are leading to concern.

Sometimes just asking “How is my sleep?” is an appropriate question to pose. Insufficient sleep time or poor sleep quality can wreak havoc on our daytime energy levels and mental functioning. It is amazing how many individuals who address their sleep concerns see improvement in their daytime functions, which in turn can directly improve their lifestyle. Having the energy to do your hobbies once again can be an amazing gift to yourself.

There is a preconceived notion that sleep clinics only evaluate and treat sleep apnea. In general, this may be the case, but at WISH, it could not be further from the truth. We acknowledge that sleep apnea is a prominent sleep disorder may warrant evaluation, but sleep disorders extend much more broadly for children and adults.

We want to uncover the root cause of individual sleep concerns and address them appropriately without pushing sleep aid medications or having to depend on caffeine to make it through the day. Here at WISH, we have tailored programs for patients dealing with insomnia designed by Miranda Fezer PA-C, our wonderful, brilliant, and caring provider who is certified in Cognitive Behavioral Therapy for Insomnia (CBT-I), a validated, first-line approach for patients of any age to learn and gain the tools needed to help improve their sleep.

The neat thing about WISH is that we take patients at any age, so whether you’re a new mom in need of sleep training advice, or the parent of a teenager

whose sleep demands seem to be changing (“Why do they sleep till noon?”), we want to provide you with expert-backed tools and tips you have been searching for on the internet, or talking about with your friends.

Dr. Ankur Patel has a special interest in exploring all issues with your body’s internal clock and sleep rhythm. He has specific pediatric sleep training and is such a wholesome individual to get to know.

We don’t want to allow sleep to interfere with daytime behaviors - you shouldn’t either!

## COMMUNITY CONNECTIONS

We aspire to bring high quality sleep care to the communities we serve. For us this means being a part of community events and projecting wellness into our lifestyles as an essential.

We have been welcomed into the Greater Vancouver Chamber and the Camas-Washougal Chamber of Commerce directories. Dr. Patel recently attended a “Business After Hours” event and has been requested to speak further at upcoming panel discussions. We are grateful for the enthusiasm and the warm reception we have received by all.

**October 1st, 2023**

Upcoming presentation with  
Dr. Patel will be held at the  
above date at the  
Camas Church of Nazarene

**We look forward to  
seeing you there!**

3517 NW Camas Meadows Dr. Suite 210 Camas, WA  
(P) (360) 345-3175 | (F) (360) 230-4780