



## “Insufficient Sleep is a Public Health Epidemic” –CDC

ATLANTA– A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions, including depression, anxiety, asthma, accidents, infertility, epilepsy, and diabetes. Further, one in five adult Americans suffers from sleep apnea, linked to hypertension, cognitive impairment, heart disease, and stroke. While approximately 28% of adults in the United States reported frequent insufficient sleep,<sup>1</sup> the overwhelming majority of sleep disorders remain undiagnosed, creating unnecessary public health and safety problems. These disorders include:

- Obstructive Sleep Apnea
- Restless Leg Syndrome
- Insomnia
- REM disorders, hallucinations and sleep terrors
- Sleepwalking
- Narcolepsy
- Circadian Rhythm Sleep Disorders

### **Kane Hall Barry now offers home sleep testing.**

Patients with a high probability of obstructive sleep apnea are eligible for home sleep testing, which is approximately one-quarter the cost of a full polysomnography in-lab test. Home sleep testing allows patients to spend the night in their own bed, minimizing first night effect - lower measured sleep efficiency.



# Kane Hall Barry NEUROLOGY

GENERAL NEUROLOGY  
SLEEP MEDICINE  
NEUROLOGICAL TESTING  
NEUROMUSCULAR DISORDERS  
NEUROPSYCHOLOGY  
INFUSION

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## OUR BOARD-CERTIFIED SLEEP SPECIALIST



**SRIREKHA MADDUKURI, MD**

Dr. Maddukuri is ABPN Board Certified in Neurology and Sleep Medicine. Dr. Maddukuri completed her neurology residency at Tufts University, Boston, MA, and a sleep medicine fellowship at St Vincent Hospital, MA. She enjoys helping hundreds of patients a year get a better night's sleep.

### Better Access is Better Care

The average wait time nationwide for a neurology appointment is 35 business days.<sup>2</sup> Wait time is 9 days for Kane Hall Barry.

### Patients Like Dr. Maddukuri

*"I had my first appointment with Dr. Maddukuri this week and was very happy with our visit. She was understanding and listened to all of my concerns. I felt that her assessment was very thorough and am looking forward to having her as my neurologist."* – Courtney T. 1/4/19

*"I would recommend Kane Hall Barry to anyone. They were really great in diagnosing and explaining what was going on with me. The staff was friendly & polite and Dr. Maddukuri has the best bedside manner you could ask for. Overall, I had a great experience considering I was at the doctor."*

– Thomas L. 11/15/18

### Two convenient locations: Bedford and Keller

1305 Airport Freeway, Suite 205, Bedford, Texas

4525 Heritage Trace Parkway, Suite 117, Keller, Texas

<sup>2</sup>Study: US Facing a Neurologist Shortage. AAN 4/17/13