

GARDEN CITY HOSPITAL
**CENTER FOR
SLEEP DISORDERS**
AT THE SPECIALTY CENTERS OF WESTLAND

Common Sleep Disorders.

SLEEP APNEA. At least 5 to 30 or more pauses in breathing or shallow breaths, per hour of sleep, lasting from 10 seconds to nearly a minute. Snoring, gasping and choking during sleep may occur. Once apnea is diagnosed, treatment options may include Positive Airway Pressure (CPAP or Bilevel/BIPAP™), weight loss, surgical intervention, or an oral positioning device.

INSOMNIA. Regular and frequent problems falling asleep, staying asleep, or getting restful sleep affect as many as one in 10 adults.

SNORING. While not a sleep disorder on its own, snoring is often a sign of sleep apnea and causes lost sleep for the snorer and family members.

RESTLESS LEGS SYNDROME. Painful or tingling sensations in the legs and arms inhibit sleep and cause the sufferer to feel like getting up and moving around.

NARCOLEPSY. Falling asleep during the day and excessive use of caffeine or other stimulants to stay awake, even after getting enough nighttime sleep, may signal this disorder.

CENTER FOR SLEEP DISORDERS

35600 Central City Pkwy., Suite 103

Westland, MI 48185

(Located inside the GCH Specialty Centers of Westland)

Tel 734-458-3330 Physicians Referral Line 877-717-WELL
GCH.org



Great Health. Generation to Generation.

RESTFUL SLEEP. GOOD HEALTH.

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Meet the Sleep Disorders Staff.

The Garden City Hospital Sleep Disorders Center medical staff includes a team of four physicians:



JOHN H. MORRISON JR., D.O., is the founder and Medical Director of the Sleep Disorders Center of Michigan. He is board certified in sleep medicine and pulmonary disease.



IHAB DEEBAJAH, M.D., provides expertise in several areas of medicine. He is board certified in sleep medicine, pulmonary medicine, critical care and internal medicine.



ROBERT GRANT, D.O., is a pulmonary sleep disorders specialist. He is board certified in sleep medicine, pulmonary medicine, critical care and internal medicine.



AMAL OMRAN, M.D., is board certified in sleep medicine and internal medicine. She has extensive experience in pediatric, as well as adult, sleep disorders.