Mission Statement

To provide the highest quality, ethical, affordable, integrated healthcare possible, through effective treatment of disease and disability using evidence-based practices, and by promoting ongoing wellness and prevention. The primary focus of care is on improving a patients functional outcome.

Dr. Andrew Paul Steinmark has spent nearly thirty years working in the field of healthcare, the first fifteen as a respiratory therapist, concentrating in the areas of critical care medicine. He is the founder of Behavioral Medicine Associates, LLC and Director of Behavioral Medicine Services. Dr. Steinmark holds a Doctorate Degree in clinical psychology from the University of Hartford. He completed an internship at the Yale University-affiliated VA Connecticut Healthcare System in health psychology, with a focus in primary care medicine, and his postdoctoral fellowship at Dartmouth Medical School in behavioral medicine. Dr. Steinmark is a member of the American Psychological Association.

The Science of Healthy Living℠

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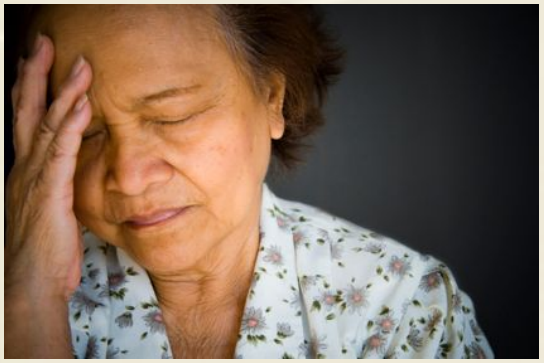
CAN'T SLEEP?



Evidence-Based Treatment to Take Back Control of Your Sleep!

CHRONIC INSOMNIA

&

BEHAVIORAL MEDICINE SERVICES

Dr. Andrew P. Steinmark
Behavioral Medicine Associates ,℠ LLC

CHRONIC INSOMNIA

Four important questions

1. Is poor sleep impacting your motivation and ability to function?
2. Has insomnia affected your well-being?
3. Does lack of sleep influence how much you enjoy life?
4. Are you struggling with daytime fatigue and drowsiness?

The facts

Insomnia is Latin for "no sleep," which is the inability to fall asleep or remain asleep; of not waking refreshed or restored. Chronic insomnia is unusually common, affecting more than 25-30 million individuals[1, 2]. You don't need to read the latest research to know that living with chronic insomnia or any other sleep related disorder impacts daytime functioning. Whether you're experiencing a decrease in your concentration, activity level, or increased irritability, an extraordinary amount of research has *clearly* demonstrated the importance of learning cognitive-behavioral strategies to manage insomnia[3]. These strategies are the key to regaining control of your sleep.

Why see a health psychologist

The first question that usually comes to mind if you're referred to a health psychologist for chronic insomnia is, "does my healthcare provider think my sleep problems are in my head?" The simple, emphatic answer is a resounding ***NO!***

A formally trained health psychologist is specifically trained to manage and treat medical conditions. What a health psychologist *specially trained in sleep disorders* can do, is help you learn how to take back control of your chronic insomnia, using evidence-based practices.

Evidence-based practice

Evidence-based practice is where your healthcare provider reviews and evaluates the latest scientific findings, to develop treatment recommendations in partnership with you. Current research suggests that the most effective treatment for chronic insomnia and other sleep-related problems is to integrate cognitive-behavioral interventions into your life as part of a comprehensive sleep management program; these interventions can play a critical role in decreasing your sleep distress, and, improving daytime functioning and sleep efficiency. A health psychologist with specialized training in behavioral sleep medicine can *significantly* help you enhance the quality of your sleep.

Working with a health psychologist

In addition to chronic insomnia, a health psychologist can also provide evidence-based behavioral medicine treatment for a variety of other health issues, including many chronic diseases or disabilities such as chronic pain, diabetes, COPD, and coping with cancer, in addition to other sleep difficulties. Behavioral medicine can also help you be more effective in achieving a healthier, happier life, through lifestyle changes in the areas of stress management, losing weight (and keeping it off), or quitting cigarettes.

1. Roth, T. Insomnia: Definitions, prevalence, etiology, and consequences. *J Clin Sleep Med*. 2007 August 15; 3(5 Suppl): S5–S6.
2. Perlis, M.L., & Gehrman, P. One more step towards justifying targeted treatment for insomnia. *Sleep*. 2011; 34: 443-450.
3. Jacobs, G.D., Pace-Schott, E.F., Stickgold, R., Otto, M.W. Cognitive Behavior Therapy and Pharmacotherapy for Insomnia: A Randomized Controlled Trial and Direct Comparison. *Arch Intern Med*. 2004;164:1888-1896.

BEHAVIORAL MEDICINE

Behavioral medicine focuses on a collaborative approach to healthcare, working closely with you and your other healthcare providers, in the treatment of traditional medical conditions. The following evidence-based services are of value to patients, spouses, and families:

- ☑ Behavioral Sleep Medicine
- ☑ Collaborative Preventive Services & Healthy Lifestyle Management
  - *Improving Physical Activity*
  - *Tobacco Cessation*
  - *Dietary Adherence*
  - *Stress Management*
- ☑ Chronic Pain Management
- ☑ Diabetes and Chronic Disease Management (e.g., improved coping, etc.)
- ☑ Patient and Family Support for those Experiencing Cancer.
- ☑ Senior Health Issues