

**Meet Darryl Appleton, M.D.**

- Diplomate, American Board of Sleep Medicine
- Diplomate, American Board of Psychiatry and Neurology
- Medical Director, Sleep and Fatigue Treatment Center

**Delray Beach, Florida**

Dr. Appleton is an internationally recognized expert in the research, evaluation and treatment of sleep disorders.



He completed his medical internship and residency in psychiatry at the University of Miami and soon after received a fellowship to study sleep disorders at the University of Toronto. Much of his research was focused on the correlation between chronic pain and sleep disorders as well as the effects of antidepressants on sleep quality.

In 2003, Dr. Appleton, who is based in South Florida, founded the Appleton Sleep Clinic in Toronto where he currently serves as the medical director.

Dr. Appleton is board certified by the American Board of Independent Medical Examiners resulting from his extensive experience with medical/legal evaluations and insurance examinations in neuropsychiatry and sleep medicine. A frequent contributor to leading medical journals, Dr. Appleton is often called upon as an expert for radio and TV, consumer publications and Internet forums.

**Sleep and fatigue problems can seriously impair all aspects of your life.**  
Take control of your nights so you can make the most of your days.



**Sleep and Fatigue Treatment Center**  
Sleep well. Awake refreshed.

Contact us today for an appointment:

15200 Jog Road, Suite 201  
Delray Beach, Florida 33446

**Appointment Line: 561.450.8328**

Fax: 561.498.0080

info@sleepandfatigue.com

www.sleepandfatigue.com

**Online/Telephone Consultations Available**

**We accept:**



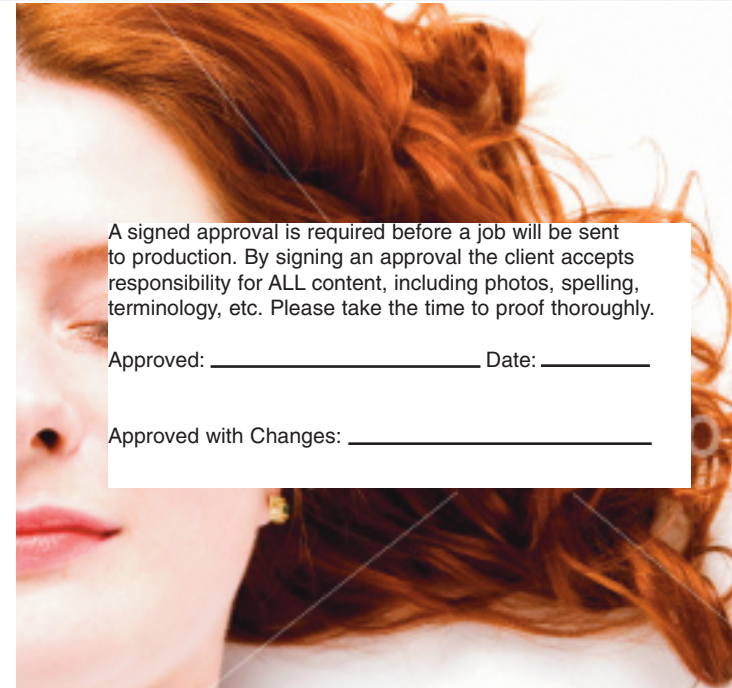
CareCredit

FSA (Flexible Savings Accounts)

The Sleep and Fatigue Treatment Center is an out-of-network insurance provider. Please ask about our discounts for seniors.



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**Do you ...**

- Have difficulties falling asleep at night?
- Wake up tired even after a full night's rest?
- Wish you had more physical and mental energy throughout the day?
- Doze off or have difficulty concentrating during the day?

Like nearly 40 million Americans, you may be suffering from a sleep disorder. And like the majority of the sufferers, you may not even realize it. **We can help.**

### Did you know ...?

Nearly one in six (1 in 6) Americans suffers from a sleep disorder. Most are undiagnosed or receiving partial or ineffective treatment.

Some self-medicate through the use of over-the-counter sleep aids at night and stimulants like caffeine during the day.

#### Lack of sleep can cause:

- Irritability
- Stress
- Weight gain
- Depression
- Lowered or lack of focus or concentration



All sleep impairments should be taken seriously. Poor sleep quality affects every aspect of our lives, from energy and mood to stress level and even pain level. Most “treatments” not only mask the underlying causes of the sleep problems, but can even worsen the condition.

**Left untreated, sleep disorders can pose serious risks to your health and safety.**

### Beyond sleeping pills.

Sleep disorders are complex – a pill is not a complete solution. Good sleep should not only be a part of life, it should be a way of life. We offer advanced treatment options that address the whole person, including lifestyle and habits, not just symptoms.

At the Sleep and Fatigue Treatment Center, we specialize in insomnia and also provide a full evaluation, with treatment and medical referrals when needed, of common sleep disorders including:

- Snoring and obstructive sleep apnea
- Restless Leg Syndrome
- Chronic pain conditions such as Fibromyalgia
- Chronic Fatigue Syndrome
- Anxiety and stress
- Sleep problems in children and the elderly
- Narcolepsy
- Fatigue from any cause

Our treatment methods include:

- CPAP (Continuous Positive Airway Pressure) Treatment/Optimization
- Sleep hygiene classes
- Fatigue management
- Pain/substance abuse treatment
- Child co-sleeping abatement treatment
- Hypnosis/CDs available
- Progressive Muscle Relaxation Therapy
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Brainwave Entrainment/CDs available
- Pharmacotherapy (sleep medications)
- Herbal treatments and alternative medicine
- Light therapy
- Biofeedback
- Psychiatric treatments

### A collaborative approach to total wellness.

Poor sleep habits and sleep deficiencies can have adverse affects on different areas of our life – physical health, mental health and even our personal lives.

At the Sleep and Fatigue Treatment Center, we make it a goal to partner with other specialists whose patients could also benefit from improved sleep quality and treatment. Men and women who suffer from disease, illness or other physical or mental afflictions commonly suffer from sleep disturbances as a result, impeding their ability to achieve total wellness.

To best serve the total patient, we’ve teamed up with medical professionals who specialize in:

- Weight loss
- Mental health
- Hypnosis/Brain Entrainment
- Children’s sleep disorders
- Substance abuse treatment
- Fibromyalgia and Chronic Fatigue Syndrome
- Chronic Pain Conditions

### At and following your initial appointment with the Sleep and Fatigue Treatment Center team, you will receive:

- A full evaluation by a board-certified sleep physician to identify underlying causes.
- An overnight sleep study, if appropriate (can also provide in-home studies with state-of-the-art technology).
- A comprehensive treatment plan with follow-up and maintenance goals.