



Naval Medical Center Portsmouth

# Insomnia Sleep Medicine Clinic

## Location

Building 3- 3rd Floor: Psychology Clinic



## Appointment Line

(757) 953-6748

(Call two business days after referral has been submitted)

## Sleep

Sleep is a complex process that can be influenced by various anatomic, behavioral, physiological and psychological conditions.

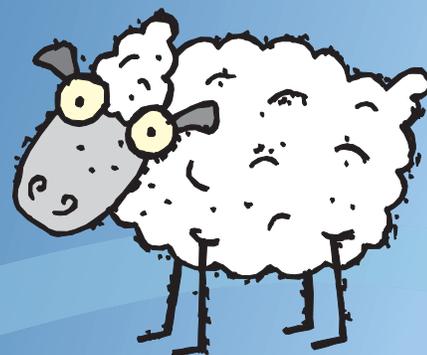


## Insomnia

Insomnia is a disorder that can make it hard to fall asleep and/or stay asleep. With insomnia, you may wake up feeling tired and non-refreshed. Over time this can affect your health, mood, job performance and overall quality of life.

## Sleep Quality

NMCP's multidisciplinary Sleep Medicine team will evaluate your sleep difficulties and work with you to improve your sleep quality.



## What to bring to your 1st appointment:

List of all medications, supplements and over the counter medications