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