

# The Redwood Sleep Center, Inc.,

accredited by the American Academy of Sleep Medicine, is a full-service medical facility dedicated to providing state-of-the-art testing and treatment for patients with sleep disorders. We currently operate six beds in beautiful Marin County.

Our physicians use a multidisciplinary and individualized treatment approach.

We work closely with our referring physicians to help patients find the most effective solutions to their sleep problems.

Both patients and physicians can expect rapid results from sleep studies performed at Redwood Sleep Center.

Our administrative and technical staff have over twenty-five years of combined experience in clinical medicine. We welcome your calls and inquiries.

## DIRECTIONS TO OUR LABS

**NOVATO:** From HWY 101, take the De Long Avenue exit, and head West. Stay on De Long which turns into Diablo Ave. Continue on until it dead ends on Hill Road. Turn right on Hill Road then take an immediate left into the Novato Professional Center. Our lab is located in the lower building on the right, 1615 Hill Road Ste. #116.

**GREENBRAE:** From HWY 101, take the Sir Francis Drake Blvd. exit. Head west toward the Marin General Hospital. Turn Left on Bon Air Road. The building is located on the left, 599 Sir Francis Drake Blvd. Suite #307 (third floor).



Dr. Lim is the founder and Medical Director of the Redwood Sleep Center. An expert in pulmonary and sleep medicine, she received her medical degree from Ohio State University College of Medicine, and completed her internship and residency in Internal

*Melissa S. Lim, M.D.*  
Medical Director

Medicine at Boston City Hospital,

Boston University. She completed her fellowship in Pulmonary and Critical Care Medicine at Johns Hopkins and the University of California, San Francisco. In 2000, she joined the Sequoia Hospital Sleep Disorders Center in Redwood City, CA, then in 2005 she opened Redwood Sleep Center in Marin County. Dr. Lim is board-certified in internal medicine, pulmonary diseases, and sleep medicine.

She sees patients in her offices at the Redwood Sleep Center at 16 15 Hill Road Suite 16, Novato, CA, and at 170 Alameda de las Pulgas in Redwood City, CA.



*Danya Soto, M.D.*

Dr. Soto received her medical degree from the University of California, San Diego, completed her residency at Georgetown University, and then her fellowship in Pulmonary and Critical Care at the University of California, San Francisco. She joined the faculty of UCSF in 2003. While

at UCSF she was awarded multiple grants and conducted research on lung cancer at the UCSF Comprehensive Cancer Center. In July 2007 she returned full-time to clinical medicine. She is a board-certified internist and pulmonologist and sees patients in Novato, CA. Her practice is devoted to the broad range of pulmonary disorders, with a special focus on Pulmonary Hypertension and Integrative Medicine. Her office hours are by appointment. Please call the Redwood Sleep Center at (415) 898-0801.



Dr. Godin graduated from the University of Colorado School of Medicine and completed his internship and residency in Internal Medicine at Stanford University. He then went to the National Institutes of Health in Bethesda, Maryland for his

*Paul J. Godin, M.D.*  
Associate Medical Director

fellowship in Critical Care

Medicine. Dr. Godin returned to Stanford Hospital to complete a fellowship in Pulmonary Medicine. In 2000, he was appointed Chief of Pulmonary and Critical Care Medicine and Director of Respiratory therapy at San Mateo County Hospital. He joined redwood Pulmonary Medical Associates in May of 2002, and serves as the Medical Director of Clinical Information Systems at Sequoia Hospital in Redwood City, CA.



*Robert Newbury, M.D.*  
Associate Medical Director

Dr. Newbury, Associate Medical Director of the Redwood Sleep Center, completed his fellowship in Pulmonary and Critical Care Medicine at the University of California, San Francisco. He is the Medical Director of

Respiratory Care and practices Critical Care Medicine at the Novato Community Hospital, where he has practiced since 1996. He also practices Critical Care Medicine at Marin General and Sutter Health in Santa Rosa, CA.

For more information  
about Redwood Sleep Center  
please call (415) 898.0801 or  
visit our website at

[www.redwoodssleepcenter.com](http://www.redwoodssleepcenter.com)

**These brief descriptions introduce most of the sleep disorders that we treat at the Redwood Sleep Center.**

**\* Obstructive Sleep Apnea**

Sleep apnea is a common disorder, affecting up to 20% of men and 9% of women. Typically occurring in people who smoke, sleep apnea results from obstruction of the upper airway, most often at the base of the tongue. Sleep apnea can prevent a person from reaching deep, restorative sleep. The apneas can cause numerous arousals from sleep during the night, resulting in excessive fatigue or sleepiness during the day. Sleep apnea is associated with many potential health consequences, including high blood pressure, heart disease, accidents, insulin resistance, and cognitive dysfunction.

**\* Insomnia**

Insomnia is defined as an inability to fall asleep or inability to stay asleep. It affects one third of the population at some point in their lives, with roughly one third of these people experiencing chronic insomnia. A variety of psychological and physiological factors can cause insomnia. The disorder may be worsened by consuming alcohol, stimulants such as caffeine or amphetamines, or by certain drugs or medications.

**\* Movement disorders**

Periodic limb movement disorder (PLMD) and restless legs syndrome (RLS) are two common movement disorders. Movement disorders often either prevent or disrupt sleep. PLMD only affects people during sleep. RLS affects people while they are awake and is characterized by an irresistible urge to move the legs while awake.

**\* Narcolepsy**

Narcolepsy is characterized by excessive sleepiness during the day and interrupted sleep at night. It affects roughly one in 2000 individuals. While very debilitating, narcolepsy is highly treatable.

**The Redwood Sleep Center conducts several different sleep studies depending on the clinical situation. We are committed to providing rapid turnaround times for sleep studies and completed reports. All sleep studies are reviewed by the Medical Director.**

**\* Full Night or Split Night**

**Polysomnogram**

The polysomnogram (PSG) records EEG activity, eye and chin movements, air flow, snoring, heart rhythm, chest and abdominal movements, oximetry and leg kicks. A full night PSG lasts eight hours and a split night study includes PSG followed by continuous positive airway pressure (CPAP) therapy.

**\* Multiple Sleep Latency Test (MSLT)**

The MSLT assesses the severity of daytime sleepiness in the patient. The patient is given several nap opportunities during which sleep latency and sleep-onset REM are assessed.

**\* Maintenance of Wakefulness Test**

This test measures the patient's ability to stay awake and is used to test drivers, truckers and pilots. This test is the standard of the driving and aviation industries.

**\* Ambulatory Sleep Study**

An ambulatory sleep study is done in the patient's home and measures a limited number of parameters of the full, laboratory-based sleep study. These parameters include airflow, electrocardiogram, oxygen saturation, respiratory effort, and body position. Some patients may be deemed suitable by their physicians for an ambulatory study.



# Redwood Sleep Center

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