



THE SLEEP DISORDERS CENTER OF CENTRAL TEXAS

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SLEEP INFORMATION ON THE INTERNET

There is a lot of information on the internet about sleep and sleep disorders. As with most other topics, some sites offer more reliable information than others and some sites have a lot of misinformation. We believe the sites below are trustworthy.

NAME	INFORMATION TOPICS	URL (web address)
The American Academy of Sleep Medicine	Most sleep disorders	www.aasmnet.org
The National Sleep Foundation	Most sleep disorders	www.sleepfoundation.org
MayoHealth – The Mayo Clinic website	Most sleep disorders and childhood snoring	www.mayoclinic.com
The American Sleep Apnea Association	Sleep apnea	www.sleepapnea.org
The Sleep Medicine Home Page of Stanford Medical Center (a good source for narcolepsy information)	Narcolepsy, other sleep disorders	www.stanford.edu/~dement
The National Center for Sleep Disorders Research of the National Institutes of Health	Most sleep disorders	www.nhlbi.nih.gov/about/ncsdr
The Restless Lets Syndrome Foundation	Restless Legs Syndrome	www.rls.org
The Narcolepsy Network	Narcolepsy	www.narcolepsynetwork.org
The Sleep Medicine Home Page of Michael Thorpy, M.D., Director of the Sleep-Wake Disorders Center at Montefiore Medical Center, Bronx, New York	Lists resources regarding all aspects of sleep (physiology, research, patient information, etc.).	www.users.cloud9.net/~thorpy/
The Sleep Disorders Center of Central Texas (You can find some additional links here)	Our web site	www.sleepdoctor.com

A word of warning: Online support groups and chat rooms sometimes provide very poor information and all postings should be read with some degree of skepticism. Some people claim to have a disorder and report unusual or bizarre symptoms to get sympathy.