



**Roughly 40 million Americans have a sleep disorder.  
Maybe it's time to find out if you're one of them.**

Sleep disorder? Not you. You just toss and turn. Maybe your snoring keeps your partner awake. Or you have a hard time sleeping. If you have a problem, chances are you've rationalized it in any number of ways. But not resting soundly on a consistent basis might be costing you more than just pleasant dreams. It can prevent you from being your best at home and at work. An untreated sleep disorder can also lead to more serious health problems. Luckily, most are easy to diagnose and treat. In fact, the area's most experienced sleep specialists are right here in Delaware County. The Crozer-Keystone Sleep Centers. An overnight success. For 30 years and counting. [Call 1-888-SLEEP03](tel:1-888-SLEEP03) today to schedule an appointment.

*Crozer-Keystone Sleep Centers. Rest Assured. We can help.*

SLEEP APNEA  
RESTLESS LEG SYNDROME  
INSOMNIA  
SLEEPINESS & NARCOLEPSY  
SLEEP WALKING  
NIGHT TERRORS  
& DREAM PROBLEMS

HOTEL AMENITIES  
MULTIPLE LOCATIONS  
ACCREDITED



CROZER-KEYSTONE SLEEP CENTERS

BRINTON LAKE ~ DELAWARE COUNTY MEMORIAL HOSPITAL ~ TAYLOR HOSPITAL

CALL **1-888-SLEEP03** (1-888-753-3703) OR  
VISIT [HTTP://SLEEPCENTERS.CROZER.ORG](http://sleepcenters.crozer.org) TO LEARN MORE.

*"Crozer-Keystone physicians" are those doctors who hold staff privileges at CKHS-owned hospitals. They may not be employees of CKHS or its subsidiaries.*