



Thomas Sleep Center

The Thomas Sleep Center treats adults and children with an extensive range of sleep disorders such as sleep apnea, snoring, narcolepsy, excessive daytime sleepiness, and periodic limb movement disorder. Through comprehensive testing at the Thomas Sleep Center, our team will diagnose and help create a treatment plan for sleep problems.

Our Thomas Sleep Center is accredited by the American Academy of Sleep Medicine (AASM). Accreditation by the AASM assures quality patient care through comprehensive clinical evaluation and treatment. Our team is led by Dr. Sam Atassi, board certified in sleep medicine, and also serving as our medical director. Our skilled sleep technologists (RPSGT) and respiratory therapists provide excellent service to our patients, to ensure better sleep for the patient and returning them to full enjoyment of daily activities.

Thomas Sleep Center
424 Division Street
South Charleston, WV 25309
304.766.3798



U.S. Department of Transportation
Federal Motor Carrier Safety Administration
National Registry of Certified Medical Examiners

Sleep studies and evaluations are available for both children and adults.

The Sleep Center offers the following diagnostic evaluation and testing:

- SLEEP CLINIC APPOINTMENT (consultation with sleep specialist to diagnose and treat for sleep disorders, testing, and follow up evaluation as needed)
- HOME SLEEP TEST – set up and instructions (dependent upon insurance)
- SLEEP STUDY - in lab
- CPAP Titration – in lab
- MSLT/MWT– Multiple Sleep Latency Test/ Maintenance of Wakefulness test
- Department of Transportation (DOT) Sleep Apnea evaluations

Our state of the art Sleep Center offers evaluations, overnight sleep testing, and specialized day time sleep testing. Testing is performed in one of our 8 private rooms. Each room is equipped with a queen size bed, flat screen TVs, and a bathroom, for a comfortable home like environment.

All testing is done on an outpatient basis. Consultation with a sleep specialist is often necessary prior to scheduling sleep studies, due to strict insurance guidelines. Clinic visits and follow ups are scheduled on Wednesdays.



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Common Sleep Disorders

Any sleep related problem can be evaluated. Some common problems include insomnia, which is trouble falling asleep or staying asleep. Some of the other causes of insomnia are restless leg syndrome (RLS), medication dependency and anxiety/depression.

Another common problem is daytime sleepiness, which may be a result of more serious sleep disorders, sleep apnea and narcolepsy. Symptoms of Narcolepsy and Hypersomnia include irresistible sleepiness and brief sleep duration, accompanied by sleep paralysis, hypnagogic hallucinations, etc. The causes of both disorders are unknown, but there is evidence that it occurs due to genetic disorders. Treatments are a combination of behavioral changes and medicines based on the individual symptoms.

Lack of sleep can lead to accidents, poor performance at work or school and increased health risks such as hypertension, heart disease and even depression. If there is someone who is experiencing difficulty sleeping, our specially trained, multidisciplinary team will work to help diagnose the sleep disorder and resolve the cause



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