



FOR IMMEDIATE RELEASE

INAUGURATION OF THE HAWAII SLEEP EPIDEMIOLOGY RESEARCH CENTER

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Inauguration of The Hawaii Sleep Epidemiology Research Center – a partnership between the Stanford Sleep Epidemiology Research Center and the Honolulu Neuroscience Clinic

Doctor Maurice Ohayon, MD, DSc, PhD, Director of the Stanford Sleep Epidemiology Research Center and Michael B. Russo, MD, Director of the Honolulu Neuroscience Clinic, will announce on Saturday, 7th October 2017 the formation of the **Hawaii Sleep Epidemiology Research Center**, a partnership between the Stanford Sleep Epidemiology Research Center and the Honolulu Neuroscience Clinic. The inauguration of the Stanford satellite sleep research center will be at the Honolulu Neuroscience Clinic's Ward Avenue offices beginning at 9am on October 7th.

9:00am - Maurice Ohayon, MD, DSc, PhD and Michael Russo, MD: Announcement of the Stanford Sleep Epidemiology Research Satellite Center in Hawai'i

9:30am - Senator Joshua Green, MD, Chairman of the Hawai'i State Senate Health Committee

10:00 - Presentation of the objectives of the Center: Sleep Habits and Prevalence of Sleep Disorders in Hawai'i

11:00 - Discussion on Future Research and Educational Activities and Symposia in Hawai'i

Location: 250 Ward Avenue, Suite 170, Honolulu, Hawai'i

BACKGROUND

Research on sleep habits and sleep disorders is scarce in Hawai'i. Dr. Ohayon, Professor of Psychiatry and Behavioral Sciences and Director of the Stanford Sleep Epidemiology Research Center, proposes to conduct epidemiological studies to broaden our knowledge of sleep habits and sleep disorders in the General Population of Hawai'i and to extend this knowledge to the clinical field to prevent and treat earlier the individuals suffering from sleep disorders. The Hawaiian Sleep Epidemiology Research Center will join the three other Stanford Sleep Epidemiology Research Satellite Centers in Paris (France), Bologna (Italy) and Seoul (South Korea).

Dr. Michael Russo, founder of the Honolulu Neuroscience Clinic, is interested in developing collaborations to help recognize the early signs of sleep disorders and to refer patients for appropriate care. To facilitate this goal, Dr. Russo invited Dr. Maurice M. Ohayon, MD, DSc, PhD, Director of the Stanford Sleep Epidemiology Research Center, in Palo Alto, California to open a Sleep Epidemiology Research Center in Hawai'i. This is the first medical research satellite center in Hawaii.

Establishing a center in Hawai'i will provide a means to better understand how sleep habits and patterns affect the population of Hawai'i and to determine what risk factors and diseases are associated with sleep disorders. These clinical epidemiological studies will improve the identification of sleep disorders, such as obstructive sleep apnea, narcolepsy and insomnia, and evaluate treatments.

In addition to this research, the partnership will develop an educational program to assist practitioners to recognize the high-risk patients for the purposes of prevention, diagnosis and treatment. This will be accomplished through symposia, educational materials and workshops.

This is an exciting development for the overall health and well-being of the population of Hawai'i. It will shed light on how our unique location and population is affected by environmental, social and genetic factors related to sleep and will provide an overall plan to support our community in achieving and sustaining a healthy life.

Location: 250 Ward Ave., Ste. 170, Honolulu. For more information, call 808-294-3332, email Admin@HawaiiPacificDeeg.com or visit HawaiiSleepNeurologist.com.