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Sleep Clinic Helping PTSD Sufferers

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ALBUQUERQUE, N.M. -- A new sleep clinic opened in Albuquerque Friday with the sole aim of helping people who suffer from Post-traumatic Stress Disorder.

"Most people with PTSD have insomnia and nightmares. It's almost a given," said Dr. Barry Krakow of the Maimonides Sleep Center.

The effects are devastating for them and others.

"Parasomnia conditions, very disruptive sleep" are common, said Krakow. "They could actually act out their dreams and move around and hurt somebody."

Krakow said he's been treating people with sleeping problems for years, helping them with their nightmares. Recently he's seen a growing problem.

"There clearly is a rise, or at least an awareness of PTSD that's growing in the community," Krakow said.

Friday he unveiled a new PTSD sleep clinic.

"We're trying to emphasize for the PTSD patient," said Krakow. "We're going to work on all their sleep problems."

Specialists will monitor breathing, rapid eye movements and other biological information while patients sleep.

Patients will be treated with imagery rehearsal, emotion focus therapy, and sometimes medication. But in treating sleep disorders, Krakow said the bigger picture gets treated as well.

"Evidence shows, that when you work on sleep problems, people's PTSD gets better," said Krakow.

Krakow said his staff has been doing studies and collecting data on PTSD for years. They hope as awareness about PTSD grows, more people will step forward for treatment.

On The Web: sleeptreatment.com

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 **Video: Sleep Clinic Helping PTSD Sufferers**

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