



*In partnership with Main Line Health and Paoli Hospital we have been providing high quality care to patients with sleep disorders for over 10 years.*

The field of Sleep Medicine has been rapidly evolving. Sleep disorders are very common in our patient population. Left untreated they can lead to significant health risks and worsen quality of life. Remember to ask your patients not only about classical symptoms of sleep apnea such as snoring or witnessed apneas, but also about daytime fatigue, sleeping habits and other nocturnal symptoms.

Paoli Hospital Center for Sleep Medicine  
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**THE SLEEP GROUP**  
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## Consultation

All initial consultations involve a thorough sleep and medical history which are used to determine the nature of the sleep problem and appropriate diagnostic testing.

## Testing

We offer comprehensive diagnostic testing including:

- In-laboratory polysomnography
- Enhanced monitoring for sleep behaviors (In-lab)
- Multiple sleep latency tests
- PAP-NAP tests
- Home sleep apnea tests

## Disease Management

Many sleep problems are chronic and benefit from ongoing specialty care, integrated into the overall medical plan for patients. During the course of treatment, our team will review diagnostic studies, evaluate disease risk, identify appropriate therapeutic options (including newer treatment modalities), monitor medication or device compliance and adaptation. Our strict follow up policy and expertise ensures that a high percentage of patients will be adherent to treatment and benefit from the therapy.

## Our Providers



**ROCHELLE GOLDBERG, MD,  
FCCP, FAASM, D.ABSM**

**Director, Sleep Medicine Services at  
Lankenau, Paoli and Lawrence Park**

Dr. Goldberg obtained her training in Pulmonary, Critical Care and Sleep Medicine at the Medical College of PA and is board certified in Sleep Medicine. She returns to Pulmonology Associates, after a 6 years working as Regional Medical Director, Sleep Medicine Services, in Arizona. She continues her focus on the complete care of patients with all sleep problems. She has a special interest in sleep disorders in women and the complicated sleep patient. She remains dedicated to the education of patients and practitioners regarding the health concerns and quality of life impact of sleep disorders. She remains active in clinical sleep research and publishes in peer reviewed journals, medical textbooks and lay journals, regularly contributing at national and regional meetings, and is frequently interviewed for television, radio and print media regarding sleep disorders. She is a "Top Doc" in Sleep Medicine in both Philadelphia and Phoenix. She is on the task force to create a credential for Clinical Sleep Educators. Dr. Goldberg continues on the Board of the American Sleep Apnea Association (past president), and recently served as President, Arizona Sleep Society.



**ELIOT FRIEDMAN, MD,  
FCCP, D.ABIM SLEEP MEDICINE**  
**Medical Director, Paoli Hospital  
Center for Sleep Medicine**

Dr. Friedman completed his Pulmonary, Critical Care, and Sleep Medicine Fellowships at the University of Pennsylvania. He has published articles in peer-reviewed and lay journals on the biology and clinical impact of sleep and sleep disorders and has been featured on local and national television. He has also been a speaker at national, regional and local scientific forums. In addition to treating patients with sleep disordered breathing and sleep apnea, Dr. Friedman has expertise in treating patients with hypersomnolence disorders such as narcolepsy, circadian rhythm sleep disorders and parasomnias. He is a strong proponent of trying to prevent the misuse and overuse of hypnotic medications in patients with chronic insomnia, instead favoring behavioral approaches when appropriate.



**LAUREN ROME, MD,  
FCCP, D.ABIM SLEEP MEDICINE**  
**Medical Director, Lawrence Park  
Sleep Center**

Dr. Rome completed her training in Pulmonary Medicine at Albert Einstein Medical Center in Philadelphia and obtained further training in Sleep Medicine at Lankenau Medical Center. She has been treating patients for a wide range of sleep disorders for over 10 years. Her particular interest is in patients with underlying cardio-pulmonary diseases. She has given presentations on sleep issues at local community forums throughout the Delaware Valley.



**DONALD D. PETERSON, MD,  
FCCP, D.ABIM SLEEP MEDICINE**  
**Medical Director, Lankenau  
Medical Center Sleep Center**

Dr. Peterson is also the Chief of Pulmonary & Critical Care Medicine for the Main Line Health Hospitals. He worked with his mentor, Allan Pack, MD, PhD, to establish the sleep center at HUP in 1980. After his transition to Lankenau, he established the first MLH sleep center at Lankenau Hospital in 1989, followed by the Paoli Sleep Center in 1996, and the Lawrence Park Sleep Center in 2001. He has particular interest in medically complex patients, including critically-ill patients with sleep apnea. In addition to peer-reviewed clinical research, he has promoted the importance of sleep disorders to innumerable medical students, residents, and fellows in various disciplines.



**AILEEN J. JASKO JOYCE, MPS, CRNP**

Aileen Joyce, CRNP received her training from the Nurse Practitioner program at the University of Virginia and a graduate degree in Health Care Policy from the University of Maryland at Baltimore County (UBMC). She received her certification as a family nurse practitioner through the American Nurses Credentialing Center (ANCC). Aileen joined Pulmonology Associates over 10 years ago and has been engaged exclusively in the evaluation and management of patients with sleep disorders. She also provides educational support for patients and families. She plays a key role in the coordination of patient care in the ever-changing field of sleep medicine.