



Trinity Health
Sleep Disorders Center

Accredited by the American Academy of Sleep Medicine, the Sleep Disorders Centers at Trinity Health Ann Arbor and Trinity Health Livingston, are dedicated to providing excellent service to patients 16 years of age or older who are experiencing sleep problems.

Sleep Studies are performed for many disorders including:

- Obstructive Sleep Apnea
- Narcolepsy
- REM Behavior Disorder
- Nocturnal Seizures with a modified EEG

In Lab Testing:

- PSG “Diagnostic”
- MSLT Hypersomnolence/Narcolepsy
- CPAP “Treatment”
- Pap Nap is designed to help desensitize you to CPAP and aid in the tolerance/anxiety over CPAP therapy

At Home Testing:

- Home Sleep Test (HST) a device use at home that can often diagnose sleep apnea.

All procedures require a physician order.

The Sleep Disorders Center sponsors the AWAKE meeting (Alert, Well, and Keeping Energetic). The meeting serves as a support group for CPAP use.

High Quality Providers

Thomas Gravelyn, MD now serves as the medical director for the centers, working with Parvathy Nair, MD and Arwa Mohamed Hosni, MD who are all Board Certified in the subspecialty of Sleep Medicine.



All sleep technologists are Board Certified by the Board of Registered Polysomnographic Technologists (BRPT).

Facilities and Hours of Operation:

The Ann Arbor Sleep Disorders Center is a 13-bed laboratory, located on the 3rd floor of the 5305 Administrative Services Building on the campus of Trinity Health Ann Arbor.

The Livingston Sleep Disorders Center is a 4-bed laboratory, located on the 3rd floor at Trinity Health Livingston.

A number of hospital beds are available to accommodate patients with special needs and extra beds are available for family members or caregivers.

The Sleep Disorders Center office can be contacted daily with any questions from 7am – 4:30pm at 734-712-4651.

Additional information can be found on our website at TrinityHealthMichigan.org