

Sleep Disorder	Support Group Name	Contact	Affiliation	City	State	Phone Number	Email
Narcolepsy	Alaska Narcolepsy Support						
Narcolepsy	North Alabama Narcolepsy Network						Nann.sleepal@gmail.com
Sleep Apnea	A.W.A.K.E. in Cottonwood AZ	Michelle Thomas	Verde Valley Medical Center	Cottonwood	AZ	(928) 639-6382	Michell.thomas@nahealth.com
Sleep Apnea	Banner Health A.W.A.K.E	Carolyn McFadden		Phoenix	AZ	(480) 276-3332	Carolyn.mcfadden@bannerhealth.com
Narcolepsy	Tucson Narcolepsy and Hypersomnia Support Group						tucsonazpwn@gmail.com
Narcolepsy	Arizona Narcolepsy Support Group		Scottsdale Civic Center Library	Scottsdale	AZ		aznarcolepsy@gmail.com
Sleep Apnea	Bonita Avenue A.W.A.K.E	Richard Murray		Upland	CA	(909) 949-9555	Richard@m4cpap.com
Sleep Apnea	Monterey CA A.W.A.K.E	Deanna Johnson	Community Hospital of the Monterey Peninsula	Monterey	CA	831-649-7210 x 7318	Deanna.johnson@chomp.com
Sleep Apnea	Monterey CA A.W.A.K.E	Raina Lipori	Community Hospital of the Monterey Peninsula	Monterey	CA	831-649-7210 x 7318	Raina.lipori@chomp.org
Sleep Apnea	Monterey CA A.W.A.K.E	Sara Jenkins	Community Hospital of the Monterey Peninsula	Monterey	CA	831-649-7210 x 7318	Sara.jenkins@chomp.org
Sleep Apnea	Hoag A.W.A.K.E	Alana Sherrill	Hoag Memorial Hospital Presbyterian			(949) 764-8070	Sherill@hoag.org
Sleep Apnea	A.W.A.K.E. Group at Stanford	Robert Tognoli	Stanford Center for Sleep Medicine and Sciences	Redwood City	CA	(650) 721-7548	awakestanford@gmail.com
Narcolepsy	Narcolepsy LA						

Narcolepsy	Narcolepsy Support Group of San Diego County	Veronica Casale	Joyce Beers Community Center	San Diego	CA	(858) 452-8475	veronicaadcasale@gmail.com
Narcolepsy	Narcolepsy Support Group of San Diego County	Tam Kozman	Joyce Beers Community Center	San Diego	CA	(619) 534-2048	tkozman@gmail.com
Narcolepsy	Narcolepsy Support Group (California)	Margaret White, Ph.D.	St. Jude Medical Center	Fullerton	CA	(714) 446-7240	Mwhite@Exchange.Fullerton.edu
Insomnia	Hoag Neurosciences	Alana Sherrill, RPSGT	Hoag Health Center - Newport Beach			949-764-8070/Register: 800-514-4624	
Narcolepsy	Colorado/Denver Narcolepsy Support Group		Denver Community Church	Denver	CO		coloradopwn@gmail.com
Narcolepsy	Colorado Teen Group						Elizabeth.Tacinas@childrenscolorado.org
Narcolepsy	National Jewish Health	Ann Cartwright	Molly Blank Conference Center/National Jewish Health Main Campus	Denver	CO		cartwrighta@njhealth.org
Narcolepsy	Living Fully with Narcolepsy and Hypersomnia						LivingFullyDC@gmail.com
Narcolepsy	Delaware Narcolepsy Support Group						
Sleep Apnea	A.W.A.K.E of North Florida	Peter B. McCullagh	North Florida Sleep Disorder Center			(352) 336-4685	
Sleep Apnea	First Coast A.W.A.K.E	Debra M. Repasky	St. Vincent's Hospital/Shands Jacksonville Sleep Dis. Center			(904) 296-4294	
Sleep Apnea	First Coast A.W.A.K.E	Kirsten Baker	St. Vincent's Hospital/Shands Jacksonville Sleep Dis. Center			(904) 244-9496	

Sleep Apnea	Jupiter Medical Center A.W.A.K.E	Neal Nay				(561) 744-4478	nnay@jupitermed.com
Sleep Apnea	Baptist Hospital A.W.A.K.E	Ms. Aileen Rodriguez	Baptist Hospital			(786) 596-0402	
Sleep Apnea	Bay A.W.A.K.E	Beth Golden	The Neuro Medical Institute			(850) 640-1295	bgolden@ineuromed.com
Sleep Apnea	Parrish A.W.A.K.E	Kristina St. Peter	Parrish Medical Center			(321) 268-6408	
Sleep Apnea	Tampa FL A.W.A.K.E	Robby Beauchamp	Tampa General Hospital			(813) 844-4292	
Sleep Apnea	MCG Health A.W.A.K.E	Penny Mehaffey, RPSGT	MCG Health System	Augusta	GA	(706) 721-0793	pmehaffey@gru.edu
Sleep Apnea	Piedmont Newnan Hospital Sleep Center	Jennifer Morrow, RRT	Piedmont Newnan Hospital Sleep Center	Sharpsburg	GA	(770) 254-3289	Jennifer.morrow@pedmont.org
Sleep Apnea	A.W.A.K.E at Houston Healthcare	Ann Coifed, RRT, BSHSA	Houston Healthcare Neuro-Sleep Center	Warner Robins	GA	(478) 542-7805	acofield@hhc.org
Narcolepsy	Narcolepsy Savannah						Rebeccamhart@gmail.com
Narcolepsy	Narcolepsy Atlanta						NarcolepsyAtlanta@gmail.com
Sleep Apnea	Hawaii Niolopua A.W.A.K.E.	Richard Suvanarat				(808) 670-5612	islandsleep@gmail.com
Narcolepsy	Narcoleptics in Paradise Support Group						NarcolepticsinParadise@gmail.com
Narcolepsy	Sleep Support Group (Idaho)		Idaho Sleep Health	Boise	ID	(208) 375-8222	wt@idahosleephealth.com
Sleep Apnea	A.W.A.K.E of Macon County	David C. Smith		Decatur	IL	(217) 877-0341	davesmith@heckmanhealthcare.com

Sleep Apnea	Evanston A.W.A.K.E	Cindy Nierodzik	Evanston Hospital	Evanston	IL	(847) 570-2645	cnierodzik@northshore.org
Sleep Apnea	A.W.A.K.E of Central Illinois	Rodney Wildman, RPSGT	Sarah Bush Lincoln Health Ctr./In-Home Medical	Mattoon	IL	(217) 238-4538	rwildman@sblhs.org
Sleep Apnea	A.W.A.K.E of Central Illinois	Rachelle Hendrickson, RPSGT	Sarah Bush Lincoln Health Ctr./In-Home Medical	Mattoon	IL	(217) 238-4538	
Sleep Apnea	Centegra A.W.A.K.E	Lynda Lehnhardt	Centegra Hospital Woodstock	Woodstock	IL	(815) 334-3193	llehnhardt@centegra.com
Narcolepsy	Midwest Narcolepsy Support Group	Sarah	Northshore University Health System - Evanston Hospital	Evanston	IL	(312) 498-2381	
Sleep Apnea	A.W.A.K.E of Southern Indiana	Gloria Stewart	Sleep Disorders Center			(815) 275-1448	
Sleep Apnea	A.W.A.K.E of Southern Indiana	Audrey Bough	Sleep Disorders Center			(815) 275-1448	
Sleep Apnea	Northeast Indiana A.W.A.K.E	Jonika Wallace, CRT	Airway Oxygen Inc.			(260) 482-9875	
Sleep Apnea	Wide A.W.A.K.E in Indiana	Dianne Mooney	IU Health Sleep Disorders Center			(317) 962-6269	
Sleep Apnea	North Central Indiana A.W.A.K.E	Christopher Hummel	St. Joseph Hospital and Healthcare Center Sleep Disorders Center			(765) 456-5619	
Sleep Apnea	OLBH A.W.A.K.E	Susan Ferguson		Ashland	KY	(606) 833-3993	Susan_Ferguson@bshsi.org
Sleep Apnea	Louisville A.W.A.K.E Group	Ben Kennedy, MA, MSSW	Humana	Louisville	KY	(502) 479-6587	Bkennedy5@humana.com
Narcolepsy	NOLA Narcolepsy & Sleep Disorder Support Group		New Orleans Downtown Library				

Narcolepsy	SWLA Narcolepsy Support Group aka Sleepys in SWLA		Sleep Disorders Center of SWLA	Lake Charles	LA		
Sleep Apnea	MetroWest Sleep Apnea Support Group	Robert Webb		Natick	MA	(508) 650-7799	robert.webb@mwmc.com
Sleep Apnea	Norwood Hospital A.W.A.K.E	Walter Kuropatkin	Norwood Hospital			(781) 278-6111	
Sleep Apnea	A.W.A.K.E on the South Shore	Margaret (Meg) Colligan	South Shore Hospital			(781) 624-8213	Margaret_Colligan@sshosp.org
Sleep Apnea	Umass Memorial Sleep Disorders Center		Sleep Disorders Center	Worcester	MA		
Narcolepsy	Worcester-Area Narcolepsy Support Group						midmassnarcolepsy@gmail.com
Narcolepsy	New England Narcolepsy Support Goup						weezeandmatt@gmail.com
Sleep Apnea	Sleepless in Lanham	Barbara Grimm	Doctor's Community Hospital, Sleep Center			(240) 965-8452	bgrimm@dchweb.org
Sleep Apnea	Southern Maryland A.W.A.K.E - sponsored by AHCAH	Laura Troxell	Americas Healthcare at Home	Westminster	MD	(301) 672-4138	lbazyk@ahcah.com
Sleep Apnea	Carroll Hospital Center A.W.A.K.E	Kelly L. Day	Carroll Hospital Sleep Disorders Center			(410) 871-7170	kday@carrollhospitalcenter.org

Narcolepsy	Living Fully with Narcolepsy and Hypersomnia						LivingFullyDC@gmail.com
Sleep Apnea	Southern Minnesota A.W.A.K.E	Jeffery S. Forslund				(507) 334-6433	
Sleep Apnea	A.W.A.K.E	Marc DeNeal	Mayo Clinic Health System - Mankato			(507) 385-2673	
Sleep Apnea	Regions Hospital A.W.A.K.E	Fatima Hodzic-Imamovic	Health Partners/Regional Hospital			(651) 254-8161	
Sleep Apnea	West Metro A.W.A.K.E	Ms. Colleen Bazzani	Methodist Hospital			(952) 993-6008	
Sleep Apnea	Medical Marketplace A.W.A.K.E	Melissa Evans	Lakewood Health System			(218) 894-8482	
Narcolepsy	Narcolepsy Support of Minnesota		Tilden Community Center	Hastings	MN		narcolepsymn@gmail.com
Sleep Apnea	Saint Francis Sleep Disorders Center A.W.A.K.E	Geri Beussink	St. Francis Medical Center			(573) 331-5837	gbeussink@sfmc.net
Sleep Apnea	Saint Francis Sleep Disorders Center A.W.A.K.E	Lisa Jennings	St. Francis Medical Center			(573) 331-5837	
Sleep Apnea	A.W.A.K.E in St. Louis	Jill Wilson	Sleep Medicine and Research Center			(314) 205-6960	
Sleep Apnea	A.W.A.K.E Kansas City	Kim Kauzlarich				(816) 729-8177	
Sleep Apnea	Midland Empire A.W.A.K.E	Roxanne Peters	Randolph Seating and Mobility			(816) 364-4357	roxanne@randolphmedical.com

Narcolepsy	Kansas City Narcolepsy Support Group						kcnarcolepsysupport@hotmail.com
Narcolepsy	Foothills Narcolepsy Support Group		YVEDDI Family Resource Center	Mount Airy	NC		foothillsnarcolepsy@gmail.com
Narcolepsy	Charlotte NC Narcolepsy Support Group						sueham4@att.net
Sleep Apnea	Sanford A.W.A.K.E	Kelly Rixen	Sanford Health	Bismarck	ND	(701) 323-8500	Kelly.rixen@sanfordhealth.org
Sleep Apnea	Sanford A.W.A.K.E	Nikki Mills	Sanford Health	Bismarck	ND	(701) 323-8692	Nicole.mills@sanfordhealth.org
Sleep Apnea	Lincoln A.W.A.K.E	William E. Peters				(402) 474-1003	
Sleep Apnea	North/Central New Jersey A.W.A.K.E	Allicyn Link, RPSGT	Atlantic Health			(973) 971-4873	Alicyn.Link@atlanticealth.org
Sleep Apnea	A.W.A.K.E Jersey Shore at Bacharach	Mary Louissaint	Bacharach Sleep Center			(609) 748-5405	
Sleep Apnea	Henderson A.W.A.K.E	Ryan Huber, BS, ACSM, CPT, ACE-CHC	Humana	Las Vegas	NV	(702) 269-5200	rhuber@humana.com
Sleep Apnea	Summerlin A.W.A.K.E	Ryan Huber, BS, ACSM, CPT, ACE-CHC	Humana	Las Vegas	NV	(702) 269-5200	rhuber@humana.com
Sleep Apnea	Manhattan A.W.A.K.E	Ruth Marsiliani		New York	NY		ruth@dentalsleepapneany.com
Sleep Apnea	Manhattan A.W.A.K.E	Krutika Patel		New York	NY		krutika@dentalsleepapneany.com

Sleep Apnea	A.W.A.K.E Central NY	Christine Curtis	St. Joseph's Hospital			(315) 218-9804	Christine.curtis@sjhsyr.org
Narcolepsy	CNY Narcolepsy Support Group						info@cnynarcolepsy.com
Narcolepsy	New York Narcoleptics (NYZ)						
Narcolepsy	Narcolepsy Institute						
Insomnia	Insomniacs of NY						
Sleep Apnea	Northwest Ohio A.W.A.K.E	George Wolf				(419) 232-5281	
Narcolepsy	N in Columbus, Ohio						
Sleep Apnea	Bridges		Pulmonary, Critical Care & Sleep Medicine East	Portland	OR	(503) 963-3030	
Sleep Apnea	Clarion Hospital's A.W.A.K.E	Pamela Shattenberg, RPSGT, RST, CRTT				(814) 226-3464	pamshattenberg@clarionhospital.org
Sleep Apnea	A.W.A.K.E on the Bay	William Holmes	Hamot Sleep Disorder Center			(814) 877-3815	
Sleep Apnea	A.W.A.K.E in Central Pennsylvania	Beverly Azemer, MSN, CRNP	Pulmonary Allergy Critical Care Div. at Hershey Medical Center			(717) 531-8520	bazemar@hmc.psu.edu
Narcolepsy	Rhode Island Narcolepsy Support						Rlnarcolepsygroup@gmail.com
Sleep Apnea	Knoxville A.W.A.K.E	Sarah Wimmer, MS, CHES	Humana	Knoxville	TN	(865) 329-8892	Swimmer1@humana.com
Narcolepsy	Narcolepsy 901						Narcolepsy901@gmail.com
Sleep Apnea	A.W.A.K.E. at UT Southwestern	Debbie McCormack	Clinical Center for Sleep & Breathing Disorders - UT Southwestern	Dallas	TX	(214) 645-5337	

Sleep Apnea	Dallas, DeSoto, Duncanville and Arlington A.W.A.K.E	Kim Milhelich FNP-BC		Desoto	TX	972-709-7190x307	kmihelich@medicalsleep.com
Sleep Apnea	A.W.A.K.E Greater Houston by the Sleep Education Consortium	Gerard Meskill, MD	Sleep Education Consortium	Houston	TX	(713) 668-4100	gmeskillmd@csma.pro
Sleep Apnea	Crossroads A.W.A.K.E Group	Chelsea Diebel, RRT		Victoria	TX	(361) 572-9654	Premier.sleep@hotmail.com
Narcolepsy	Texas Narcolepsy & Hypersomnia Support Group					714-465-9282 x 304	Marilyn@houstonsleepcenter.com
Sleep Apnea	University of Virginia A.W.A.K.E Group	Lori Borish		Charlottesville	VA	(434) 243-9317	Lb8sa@hscmail.mcc.virginia.edu
Narcolepsy	Sweet Dreams Hampton Roads						sweetdreamshamptonroads@gmail.com
Narcolepsy	Central Virginia Narcolepsy Support Group						centralvanarcolepsy@gmail.com
Narcolepsy	Narcolepsy Support Group (Roanoke, VA)		Carilion Clinic Sleep Center	Roanoke	VA		
Narcolepsy	Living Fully with Narcolepsy and Hypersomnia						LivingFullyDC@gmail.com
Sleep Apnea	Chittenden County A.W.A.K.E	Harlan Lachman	The Medical Store, Keene Medical Products			(802) 879-8895	

Sleep Apnea	Eastside A.W.A.K.E.	Kimberlee Lonergan, MSN, ANRP		Bellevue	WA	(425) 278-2250	klongergan@creeksidesleepcent
Sleep Apnea	Puget Sound Sleepers A.W.A.K.E	Susan M. Moore	PeaceHealth Medical Group Sleep Disorder Center	Bellingham	WA	(360) 752-5644	Sumoore@peacehealth.org
Sleep Apnea	Kitsop Peninsula A.W.A.K.E	Susan McInturff	Harrison Medical	Bremerton	WA	(360) 479-8022	Susan.mcinturff@harrisonmedic
Sleep Apnea	Kitsop Peninsula A.W.A.K.E	Rhonda Jacobi	Harrison Medical	Bremerton	WA	(360) 744-6812	Rhonda.jacobi@harrisonmedical
Sleep Apnea	Kitsop Peninsula A.W.A.K.E	Roseanne Cassels	Harrison Medical	Bremerton	WA	(360) 782-5700	Roseann.cassels@harrisonmedic
Sleep Apnea	South Tahoma A.W.A.K.E.	Sally Jones		Lakewood	WA	(253) 985-6951	sallyjones@franciscan.org
Sleep Apnea	Spokane A.W.A.K.E.	Liana Groza, DDS	Spokane Regional Sleep Apnea Network	Spokane	WA	(509) 481-3392	l.groza71@gmail.com
Narcolepsy	Northwest Narcolepsy Support Group						northwestnarcolepsy@gmail.com
Sleep Apnea	Fox Valley A.W.A.K.E	Terri Crass, CRT	Thedacare at Home	Appleton	WI	(920) 730-3556	Terri.crass@thedacare.org
Sleep Apnea	Fox Valley A.W.A.K.E	Lauren Russell, CRT	Thedacare at Home	Appleton	WI	(920) 730-3556	Lauren.russell@thedacare.org
Sleep Apnea	Agnesian Healthcare A.W.A.K.E	Danielle Reysen	Agnesian Healthcare	Fond Du Lac	WI	(920) 926-5020	reysend@agnesian.com
Narcolepsy	Milwaukee Sleep Disorder Support Group						Jsv713@yahoo.com
Insomnia	Anxiety and Depression Association of America						https://healthunlocked.com/anx-support/about

Insomnia	eHealth.me						https://ehealth.me/groups/insom
Insomnia	PsychForums						http://www.psychforums.com/in
Insomnia	Medwonders						http://www.medwonders.com/s disorder-insomnia/activities-1.ht
Insomnia	MedHelp						http://www.medhelp.org/forum Adult/show/319
Insomnia	Reddit						https://www.reddit.com/r/insom
Insomnia	Similar Worlds						https://similarworlds.com/4548 Insomnia?page=2
Insomnia	Topix						http://www.topix.com/forum/h
Insomnia	Community Forum						https://forums.multiplay.com/in
Insomnia	Insomnialand						http://www.insomnialand.com/t general-conversation/
Restless Legs Syndrome	Daily Strength Restless Legs Syndrome Support Group						www.dailystrength.org/group/re
General	Inspire						https://www.inspire.com/group
General	Drugs.com						https://www.drugs.com/answer group/sleep-disorders/
General	WebMD						http://exchanges.webmd.com/s exchange
General	Sleep Connect						http://www.sleepconnect.com/#
General	Talk About Sleep						http://www.talkaboutsleee.com boards/forum/parasomnias/
General	NeuroTalk						https://www.neurotalk.org/foru
General	eHealth Forum						http://ehealthforum.com/health