



**FOR IMMEDIATE RELEASE**

### **Sleep Technology Offers East Texans a Good Night's Rest**

**LUFKIN, TEXAS (November 18, 2004)**...It's time to get a good night's sleep, and Woodland Heights Medical Center can help with its newly designed Sleep Disorders Laboratory.

Located adjacent to the hospital at 10 Medical Center Blvd., Suite G, The Sleep Disorders Laboratory diagnoses and treats sleep related problems, including sleep apnea. "Regular, restful sleep is vital in maintaining optimal health," said Sam Price, the center's program director. "Sleep is a human need as basic as food, and is essential to emotional and physical well-being. A lack of quality, consistent sleep can have profound effects, which can make even simple tasks difficult."

According to researchers, 18-25 million people have sleep apnea or a related sleep disorder, but less than a million are actually aware of it. "The Sleep Disorders Laboratory at Woodland Heights has a highly skilled staff and state of the art technology that can diagnose and treat sleep disorders. The testing is simple and painless and is conducted over a one to two night period," said Price.

The Sleep Disorders Laboratory at Woodland Heights invites patients to spend the night in one of its attractively decorated bedrooms. Furnished with a full size or queen size bed, the bedrooms are lavishly decorated with cherry wood and wrought iron furniture, overstuffed comforters with throw pillows. Plus patients will enjoy watching their favorite shows on color televisions with cable programming. This pleasing, sleep-inducing atmosphere is removed from the hustle and bustle of the hospital.

Lance Jones, Woodland Heights CEO, said the sleep lab is another example of the hospital's commitment to providing the best, most skilled care right here in East Texas. "It's our goal to provide a full continuum of care for our neighbors," Jones said. "Being able to provide highly personalized care here at home using the best technology available ensures the continued good health and well-being of our community."

Woodland Heights Medical Center has an 86-year tradition of caring for the people of deep East Texas. Providing the highest quality of healthcare, advanced technology, and cost-effective treatment, Woodland Heights Medical Center is a leader in the healthcare industry. Over the past 15 years, Woodland Heights Medical Center has built one of the

country's top-rated cardiac programs. With the only five-star rated cardiac interventional program in East Texas, Woodland Heights Medical Center is among the top 5% of heart programs in the nation. In Texas, the hospital is ranked number 3 for overall cardiac services. Woodland Heights Medical Center is an affiliate of Triad Hospitals, Inc. (NYSE:TRI), a company that owns and manages 56 hospitals and 16 ambulatory surgery centers in small cities and selected larger urban markets. Woodland Heights' web site is <http://www.woodlandheights.net>.

*Editorial Note: Please refer to the company as Woodland Heights Medical Center in all forms of reference.*

*This news release may contain certain forward-looking statements that reflect the current views and/or expectations of Woodland Heights Medical Center with respect to its performance, business and future events. Such statements are subject to a number of risks, uncertainties and assumptions. Actual results may vary significantly.*

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