

Meet our Physicians



Michael Eckles, M.D.

Dr. Eckles is Board Certified in Sleep Medicine, Pulmonary Medicine, Critical Care Medicine and Internal Medicine.

He received his medical degree from the University of Arkansas

for Medical Sciences in Little Rock, Arkansas and his bachelor's degree from Hendrix College in Conway, Arkansas. Dr. Eckles completed an Internal Medicine Residency at UAMS and was a fellow at the UAMS Pulmonary and Critical Care Medicine Department. He completed his Sleep Medicine Fellowship at the University of New Mexico in Albuquerque. He is a diplomate of the American College of Chest Physicians and of the American Academy of Sleep Medicine.



Madhu Kalyan, M.D.

Dr. Madhu Kalyan provides expert care to patients with lung problems and patients with sleep problems.

Dr. Kalyan completed his residency and fellowships at

University of Chicago Hospital and Cook County Hospital in Chicago, Illinois. He is a Fellow of the American College of Chest Physicians and is Board Certified in Internal Medicine, Pulmonary Medicine, Critical Care Medicine, and Sleep Medicine. Dr Kalyan is a member of the Sleep Research Society and the American Academy of Sleep Medicine. He is Board Certified in Behavioral Sleep Medicine and is also a diplomate of the American Board of Sleep Medicine. He has special interest in taking care of patients with Insomnia, sleep apnea, restless leg disorders, shift work disorders, nightmare disorders and parasomnias.

Sleep Medicine



MANA Sleep Medicine Locations:

Fayetteville Diagnostic Clinic
3344 N. Futrall Drive
Fayetteville, Arkansas
(479) 582-7330

MANA Fountain Plaza
801 S.E. Plaza #3
Bentonville, Arkansas
(479) 271-0073

www.mana.md



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Your Health. Our Priority.

Your Sleep

Sleeping is your most valuable activity of the day. Sleep allows the body to recharge and prepare for the next day. Sleeping well will help you feel better and maximizes your energy during the day. Sleep needs change over a person's lifetime. Adults need seven to nine hours of sleep per night. Getting the sleep that you need will enhance your overall quality of life.

Signs that you may have a Sleep Disorder

- You feel tired and lack energy during the day
- You have a hard time paying attention during meetings
- You are unmotivated and have trouble "getting going"
- You are irritable, grouchy or lose your temper easily
- You experience sleep walking or sleep related eating disorders
- You start to doze off when you are driving a car

Factors that Affect Sleep

- Life Events
- Depression
- Illness
- Bad Sleep Habits
- Medication
- Physical and Hormonal Changes
- Work Demands

Sleep & Men

Men tend to think of sleep as just one more thing to get done in a day and fail to realize the value of a good night's rest. Work demands, life changes, both good and bad, and bad habits, such as use of alcohol and nicotine, are just a few of the causes of men's sleep disruption.

Sleep & Women

Women face many potential disruptions to their sleep and are more likely than men to feel unrefreshed even after a full night of sleep. In general women tend to sleep more than men, go to bed and fall asleep faster. Women sleep lighter and are more easily disturbed. The body's changes during pregnancy and hormonal changes during menopause can also affect a woman's sleep.

Sleep & Children

It is important that children get the right amount of rest. Sleep is very valuable to having a happy, healthy child. Experts recommend that your child get the following amount of sleep at each stage of growth:

- Infants: (3 to 11 months) 14 to 15 hours
- Toddlers: 12 to 14 hours
- Preschoolers: 11 to 13 hours
- School Age Children: 10 to 11 hours
- Adolescents: 9 to 10 hours

Sleep Disorders

- Insomnia
- Sleep Apnea
- Narcolepsy
- Jet Lag
- Shift Work
- Sleep walking/sleep related eating disorders
- Sleep terrors
- Restless Legs
- Periodic Limb Movement
- Inadequate Sleep Hygiene
- Recurrent Nightmares

Consultation with a Sleep Medicine Physician

If you suspect that you have a sleep disorder, our sleep medicine physicians can confirm if you have made the right conclusion. After a careful medical evaluation they can find the source of your sleep problem.

Your evaluation may involve a sleep study. A sleep study is one of the best tools for detecting a sleep disorder. Sensors are used to monitor how your body acts while you are sleeping. A sleep study provides your physician with data that will help find the cause of your sleep problem.

Questions?

Go online and take our quiz at www.mana.md or talk to your physician if you think you may have a sleep disorder. To schedule a consultation, please call us at 479-582-7383 between 8:00 a.m. and 5:00 p.m., Monday through Friday.