



Margaret E. Mike, M.D.

SPECIALTY: Sleep Disorders Medicine. **EDUCATION:** B.S., Psychology, Brown University; M.D., Thomas Jefferson Medical College.

PROFESSIONAL MEMBERSHIPS: American Academy of Sleep Medicine, American Medical Association, Texas Medical Association, Dallas County Medical Society. **AFFILIATIONS:** Harris Methodist HEB, Health South Arlington. **PROFESSIONAL ACHIEVEMENT:** Voted Best Sleep Physician for 2003 by D Magazine, Voted a Top Doc 2004 by Fort Worth, Texas magazine. **HOPE FOR THE FUTURE:** "Prevention of weight gain should be strongly encouraged—this would reduce the incidence of high blood pressure, heart disease, diabetes, sleep apnea and arthritis." **BEDSIDE MANNER:** "I take time to sit down with the patient and explain everything. Most physicians who see sleep patients only treat sleep apnea and don't treat other sleep disorders or aren't as successful in tailoring the therapy to the patient. Sleep disorders not only affect the one with the disorder, but also the bed partner and often the family. When the patient sleeps better, so does everyone else." **UNIQUE PRACTICE:** One of the only Metroplex physicians who completed fellowship training in sleep disorders, Dr. Mike's background in neurology helps to better treat additional sleep disorders, such as restless leg syndrome, sleepwalking and insomnia. **FREE ADVICE:** "Watch your diet, eat in moderation, and exercise! Weight control is a key to good health." **CONTACT INFORMATION:** Bedford office - 1909 Central Dr., Suite 301, Bedford, TX 76021. 817.858.6300. Coppell Office - 546 Sandylake Rd., Suite 210 A, Coppell, TX 75019. Dallas office - 8700 N. Stemmons Freeway, Suite 135, Dallas TX 75247. 214.638.4801.