

Aynur Okcay, MD, a Sleep Medicine Physician with Arizona Sleep Center

Get to know Sleep Medicine Physician, Dr. Aynur Okcay, who serves patients in Tucson, Arizona.



New York, New York City, Jul 26, 2021 ([IssueWire.com](https://www.issuewire.com)) - Dr. Okcay is a remarkable sleep medicine physician with Arizona Sleep Center, her private practice, in Tucson, AZ. Furthermore, she is affiliated with Northwest Primary Care at Oro Valley Hospital in Oro Valley, AZ. Due to her family medicine background, Dr. Okcay is able to acknowledge that healthy sleep is key to achieving overall well-being. As such, she listens closely to her patients and devises individualised plans designed to enhance patients' quality of sleep, as well as suit their unique lifestyles. Dr. Okcay can treat and diagnose a full spectrum of sleep disorders, including restless leg syndrome, sleep apnea, narcolepsy, and more.

According to their website, "Arizona Sleep Center provides comprehensive care for all ages. We specialize in the clinical assessment, diagnosis, management, and prevention of sleep and circadian rhythm disorders. Sleep specialists treat patients of any age and use multidisciplinary approaches. Disorders managed by sleep specialists include, but are not limited to, restless legs syndrome, sleep-related breathing disorders, insomnia, hypersomnias, circadian rhythm sleep disorders, parasomnias, and sleep-related movement disorders."

In 2003, Dr. Okcay obtained her medical degree from the Faculty of Medicine at the Çukurova University (Çukurova Üniversitesi) in Adana, Turkey, her native country. After relocating to the United States, she conducted her family medicine residency at Northeast Iowa Family Practice Center in Waterloo, Iowa (2010-2013). Drawn to the sleep medicine specialty, she performed a comprehensive sleep medicine fellowship at Mayo Clinic in Rochester, Minnesota (2013-2014). While at Mayo, Dr. Okcay gained extensive research experience regarding the cardiovascular aspect of sleep-disordered breathing.

In addition, Dr. Okcay is the published author of several papers and a book chapter, as well as a prolific presenter at both domestic and international sleep medicine conferences. Moreover, her practice has been recognised by the Patient-Centered Medical Home Recognition Program of the National Committee for Quality Assurance (2012-2015).

Following her training, she attained board certification in both family medicine and sleep medicine through the American Board of Family Medicine (ABD). The American Board of Family Medicine is a non-profit, independent medical association of American physicians who practice family medicine and its sub-specialties.

Sleep medicine is a medical branch concerned with the study, diagnosis, and treatment of sleep disturbances and disorders due to varying factors. Sleep Medicine Physicians are trained to treat many different conditions, including insomnia, narcolepsy, sleep apnea, idiopathic hypersomnia, menstrual-related hypersomnia, and circadian rhythm disturbances, among others.

Learn more about Dr. Aynur Okcay:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2651449-Aynur-Okcay-Sleep-Medicine-Specialist> or through Arizona Sleep Center, <https://www.mysleepdr.com/>

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