



Jack Maxwell, DO ACOFP
Board Certified Sleep Specialist



Jack Maxwell, DO ACOFP, Sleep Medical Director of **Jack Maxwell Sleep Medicine** and **Wellfirst Sleep Diagnostics** provides expert consultation and support in sleep medicine for providers and patients. A life-long North Texan, Maxwell graduated cum laude from the **University of North Texas**, earning a B.A. in Biology and an M.S. in Basic Health Science. He earned his D.O. from the **University of North Texas Health Science Center** in Ft. Worth, Texas in 1984. Dr. Maxwell completed his family practice residency at **Family Practice Doctors Hospital** in Columbus, Ohio. After leading practices at Lake Cities Medical Center and Highland Family Medical Center for many years, Dr. Maxwell earned his board certification in sleep medicine in 2011.

With more than thirty years of family practice experience, Maxwell recognizes the importance of managing sleep patients within the continuum of each referring physician's care. "I have been an independent practitioner for many years and know the importance of each patient's trusted relationship with their physician," he says. "My sleep practice at Wellfirst Sleep Diagnostics likewise, is highly responsive to **each patient's needs** for managing and treating sleep disorders, while supporting each with the latest expertise in sleep medicine."

As a family practitioner, Maxwell has seen the rising impact of sleep disorders – almost epidemic in proportion – among his patients. "The more I worked with sleep patients, the more I recognized the opportunity to integrate sleep medicine in combating the dominant chronic diseases of our time. Hypertension, Heart Disease, Obesity and Metabolic Syndrome, Diabetes, Depression and Anxiety, Insomnia and Reflux disease and Hormonal dysfunction are all conditions that are highly impacted by sleep health," he says. "Adequate management and treatment of sleep conditions is a proven and substantial path to improvement in each of these areas."

Dr. Maxwell also understands that a trusted sleep lab to assist the physician with a patient's care is a necessity. Wellfirst Sleep Diagnostics maintains a quality of excellence by meeting the requests of the referring physician while addressing any concerns – financial or otherwise – that the patient may have. The professionals at Wellfirst Sleep Diagnostics have over 17 years of experience in providing this service to practices and patients in North Texas. Referring his own family practice patients to Wellfirst Sleep Diagnostics since 2005, it was a natural partnership that joined Dr. Maxwell and Wellfirst Sleep Diagnostics to create the premier sleep experience.

Dr. Maxwell welcomes the opportunity to consult with referring physicians and their patients as their preferences and needs dictate. "Study after study has demonstrated that sleep specialist consultations and follow-up substantially improve the chances of patients maintaining their progress and improving their overall health with sleep treatments," he adds.

Maxwell's hospital affiliations include Denton Regional Medical Center and Lewisville Medical Center. He lives with his wife and children in Flower Mound, Texas.

To schedule a visit with Dr. Maxwell, in person or via telephone, or to discuss how sleep medicine might benefit your practice and patients, please call **972.332.4155**.

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