

Address of Dr. Shane's Boulder office:

5377 Manhattan Circle, Suite 201, Boulder, Colorado 80303

Because I am the Behavioral Sleep Consultant for Exempla-Lutheran Medical Center, Denver, and am the Behavioral Sleep Specialist for New West Physicians in Golden, most of my clinical practice is in Denver. However, I still wanted to be able to work with clients in Boulder, so I am leasing this office one day a week from Colorado Medical Psychiatry. You will find the office very comfortable.

Phone: 303-304-9933. This is my cell phone. Since I use other professionals' offices on my Denver and Boulder client session days, my cell is the phone I answer on those days. Please use this number only on the day of your appointment if you are late or have some other emergency. For all other calls, my administrative office phone number is 303-449-0778. Please keep my cell phone number handy until after our third session, in case you need to call me the day of the session to let me know if you are late or for some other reason.

Directions from Northern Colorado

Take Interstate 25 south to Route 52.

Take Route 52 west to Highway 119 West, the Boulder-Longmont Diagonal Highway.

From the Diagonal Highway as you approach Boulder, stay on the left, "Foothills Parkway."

The first light is Valmont Avenue.

After Valmont Avenue, go 3.2 miles to "Table Mesa – South Boulder Road exit."

At the bottom of that exit ramp, turn left on Table Mesa Ave. You will immediately pass under route 36, where Table Mesa Ave. turns into South Boulder Road. To 2/10 of a mile from when you turned left.

Go past the first Manhattan Circle on your right.

At the second Manhattan Circle on your right, turn right.

The second building on the right is 5377.

Go up the stairs or elevator.

Suite 201.

As soon as you go into the waiting room, in the right corner, on the table, you will see a small box with a switch, "To let Dr. Shane know you are here, turn this light switch on and leave it on." That turns on a light in my office to let me know you are here. If I am in session, I will come to meet you as soon as that session is complete.

Restrooms are down the hallway.