

ACCO SLEEP LABS

SleepHealth



FAST FACTS!

Did you know that you'll spend 1/3 of your life sleeping? That adds up to an average of 25 years of sleep over your lifetime!

Have a new baby? Studies show that a new baby causes a loss of 400-750 hours of sleep for new parents in the first year alone. No wonder new moms are so tired!

Tired at work? That can be disastrous as the 1989 Exxon Valdez oil spill in Alaska, the Challenger space shuttle disaster and Chernobyl have all been attributed to human errors in which sleep deprivation played a role.

Driving with your family in the car? The NRMA estimates that fatigue is involved in one in six

fatal car accidents.

Think pills will help? Many sleep medications lose their effectiveness over time and some (such as barbiturates which can decrease REM sleep) can be harmful with extended use.

Time to divorce your alarm clock - Tiny luminous rays from your alarm clock are enough to disrupt the sleep cycle. The light turns off a "neural switch" in the brain causing levels of a key sleep hormone to decline within minutes.

Going out for drinks with the girls? - After 5 nights of partial sleep deprivation having 3 drinks has the same effect on your body

as drinking 6 if you've had enough sleep. In fact many studies have found that sleep deprivation can affect driving as much, and sometimes more, than alcohol. British researchers have found that driving after 17 to 18 hours of being awake is as harmful as driving with a blood alcohol level of 0.05%, the legal limit in many European countries.¹

Sleeping less than the man in your life? - Some studies suggest that women need up to an hour's extra sleep at night compared to men. The fact that many women

aren't getting enough sleep may be one of the reasons why women are more susceptible to depression than men.

Approaching your golden years taking your breath away? - Sleep apnea is more common in post-menopausal women.

Heavy weight does not equal heavy sleeping - being overweight or obese can increase your chance of having a sleep disorder significantly.

Trouble falling asleep? - Women are twice as likely to have difficulties initiating and maintaining sleep. Women with persistent insomnia tend to have more psychological and medical problems.

Got a significant other who snores? - Women are one of the key weapons in diagnosing and treating sleep apnea in their sleep partners. Get them in and get tested. It may save their life!

¹ BMA. "Effects of sleep deprivation", British Medical Association, July 30, 2004.

Women and Sleep

Getting the right amount of sleep is vital, but just as important is the quality of your sleep. Biological conditions unique to women, like the menstrual cycle, pregnancy and menopause, can affect how well a woman sleeps. Understanding the effects of these conditions, in addition to environmental factors and lifestyle habits

can help women enjoy a good night's sleep.

Most Common Sleep Problems in Women

Nearly 40 million American men and women suffer from sleep disorders.

However, sleep problems affect more women than men. New



research exploring women's sleep experiences may lead to specially tailored treatments.

Most common problems include Insomnia, Sleep Apnea, RLS & PLMD and Nocturnal Sleep-Related Eating Disorder.

Go to www.accqsleeplabs.com for full details.



ACCQ SLEEP LABS are licensed Independent Health Facilities (IHF) specializing in the diagnosis and treatment of patients suffering from a wide variety of sleep disorders, including Obstructive Sleep Apnea Syndrome (OSAS), Periodic Limb Movement Disorder (PLMD), Narcolepsy, Parasomnias (Sleepwalking, Sleep Terrors, Nightmares, etc.), Chronic Fatigue Syndrome (CFS), and Fibromyalgia.

We offer medical consultative, diagnostic, and treatment services for patients of all ages (adult and pediatric). We perform both overnight sleep studies as well as daytime Multiple Sleep Latency Test (MSLT) and Maintenance of Wakefulness (MWT) studies.

The K-W Sleep Lab, Owen Sound Sleep Lab, and Paris Sleep Lab are Ontario Ministry of Health, ADP (Assistive Devices Program) Registered Facilities.

We are dedicated to providing the highest quality of care to each patient assessed in our facilities. Our goal is to make your experience in the sleep laboratory as pleasant and as comfortable as possible.



HOW WELL DO YOU SLEEP?



Take the Sleep Quiz at www.accqsleeplabs.com! If you're experiencing any symptoms download our referral form to take to your family physician!

Get Sleep, Get Fit, Be Healthy!



Restorative sleep, physical fitness, mental strength, and proper diet are the cornerstones for a general sense of well being. Each of these are essential components for leading both productive private and professional livelihoods.

There is a proven association between restorative sleep and being generally fit. Lack of sleep equals lack of energy, which is a

great barrier to improving your overall fitness level. Our bodies repair themselves during deep sleep. Your muscles do not grow while you work out, they grow while you are resting. Optimal sleep is just as important as physical activity. Sleep deficiencies caused by sleep disorders such as obstructive sleep apnea, interfere with daytime activities, social interactions, mood, and work productivity.

The evidence is compelling. Poor sleep will cause you to experience daytime symptoms such as fatigue which can cause one to be less active. The question is what does one do to correct the problem? The best option is to be referred by your family doctor and

assessed by physicians specializing in Sleep Medicine.

ACCQ Sleep Labs provide a multi-disciplinary approach to diagnosing, treating, and managing patients with sleep disorders. Our team includes physicians specializing in Sleep Medicine, Internal Medicine (Respirology), and Psychiatry (Adult & Pediatric), Registered Nurses, Registered Respiratory Therapists, and Registered Polysomnographic Technologists.



Dana retired from Emergency Nursing at the University of Western Ontario (LHSC) and presently directs the ACCQ LifeStyle division focusing on patient education.