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Wellness Solutions for Insomnia (DVD)
Rochester, MD: Mayo Clinic & Gaia, 2008. 83 min.

This DVD is one of a series of titles produced by the prestigious Mayo Clinic and Gaia, the Health and Wellness experts. It includes a 30 minutes segment with a Mayo clinic specialist, information on nutrition, and finally a 40 minute yoga and meditation session designed to help you sleep soundly.

Availability for loan:

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COMMUNITY RESOURCES

Credit Valley Hospital Sleep Lab

2200 Eglinton Avenue West
Mississauga, ON L5M 2N1
Tel: 905-813-2200 (main hospital #)
Tel: 905-813-1199 ext. 5295 for booking sleep lab.
Website: <http://www.cvh.on.ca>

Toronto Sleep Institute

586 Eglinton Avenue East
Toronto, ON M4P 1P2
Tel: 416-488-6980
Email: info@torontosleep.com
Website: <http://www.torontosleep.com>
Also has a site in Thornhill

Please Note:

You need a referral from your family doctor for both of the above clinics.

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga
100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto
150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System
905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library
416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Sleep Problems



INTERNET SITES

Canadian Sleep Society

<http://www.css.to>

This is a professional association whose aim is to further the understanding of sleep and its disorders through scientific study and public awareness. At the homepage, click on the link Education and Information in the left hand column. This will provide access to a list of sleep clinics in Canada, brochures on various types of sleep disorders, links to relevant Internet sites, and other useful information.

Health Link Alberta

<http://tinyurl.com/2ukuj2>

Health Link Alberta makes a number of useful fact sheets available at this site. The topics include sleep apnea, sleep disorders in children, and information on how to ensure a good night's sleep.

The National Sleep Foundation

<http://www.sleepfoundation.org>

This is a U.S. organization dedicated to improving the quality of life for those suffering from sleep problems and disorders. Fact sheets and articles on a variety of sleep related topics are available at the site. Also featured are a number of interactive tools and quizzes to help you assess your sleep habits.

The Cleveland Clinic

<http://tinyurl.com/2kqpoh>

The U.S. based Cleveland Clinic has an excellent website which includes informative fact sheets on a variety of sleep problems. Topics include insomnia, sleep apnea, snoring, jet lag, sleep during pregnancy and menopause, drug related sleep problems, and many others.

KidsHealth

<http://kidshealth.org/parent/general/sleep/sleep.html>

This useful and reliable site is owned by the Nemours Foundation Center for Children's Health Media in the United States. It contains lengthy and informative articles on sleep and children, covering newborns to teenagers.

The National Institute of Neurological Disorders and Stroke

<http://www.ninds.nih.gov/disorders>

NINDS is part of the National Institute of Health in the United States. It has a number of excellent information sheets on a variety of neurological disorders, including sleep apnea, hypersomnia, and narcolepsy. Select a letter from the alphabetic display to access these titles.

BOOKS

The Harvard Medical School Guide to a Good Night's Sleep by Lawrence J. Epstein. New York: McGraw-Hill, 2007.

Dr. Epstein explains what happens to the body during sleep, and why a good night's sleep is an essential element of good health. He presents a six-step plan to overcome various sleep problems including insomnia, snoring, restless legs and sleep apnea.

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Sleep: the Complete Guide to Sleep Disorders and a Better Night's Sleep by J. Paul Caldwell. Toronto: Key Porter, 2001

This guide presents information on how essential sleep is to health and happiness, and how potentially damaging lack of sleep can be. Dr. Caldwell gives an overview of the many disorders that can affect a night's rest, as well as offering clear advice on how to achieve better sleep.

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Restless Legs Syndrome by Mark J. Buchfuhrer and others. St. Paul, MN: American Academy of Neurology, 2007

Written by leaders in the field, this book provides information on RLS, a condition which can cause chronic fatigue, career difficulties, and stressful personal relationships. Topics covered include causes, symptoms, diagnosis, and treatment options.

Availability for loan:

FM 900 B82 2007 Health Information & Wellness Centre, both locations
616.84 BUC Toronto Public Library System

Solve Your Child's Sleep Problems revised edition, by Richard Ferber. New York: Simon & Schuster, 2006

In this newly revised edition of a popular classic, Dr. Ferber delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day. He discusses the causes of many sleep problems and recommends proven solutions.

Availability for loan: