

# Sleep Problems



**Availability for loan:**

GK 160 F37 2006 Health Information & Wellness Centre, both locations  
618.92849 FER Mississauga Library System  
618.92849 FER Toronto Public Library System

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

This DVD is one of a series of titles produced by the prestigious Mayo Clinic and Gaian, 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:**

FM 920 M29 2008 Health Information & Wellness Centre, both locations  
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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: 905-813-1100 ext. 5295 for 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](mailto: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](mailto: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>

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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.*

## 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.

### 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 Cleveland Clinic Guide to Sleep Disorders*

by Nancy Foldvary-Schaefer. New York: Kaplan, 2009

The author is the Director of the Sleep Disorders Centre at this U.S. hospital, and she draws upon her experience to provide detailed information about the most common sleep disorders and how to treat and manage them successfully.

#### Availability for loan:

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### *Insomnia and Other Adult Sleep Problems* by

Gregory Stores. Oxford, UK: Oxford University Press, 2009

This comprehensive but easy-to-understand book helps identify and explain a variety of sleep problems. It provides explanation of the possible causes, significance, and treatment of insomnia, excessive sleepiness, and disturbed behaviour at night.

#### Availability for loan:

FM 920 S86 2009 Health Information & Wellness Centre, both locations

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616.84982 STO Toronto Public Library System

*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.

#### Availability for loan:

FM 900 E78 2007 Health Information & Wellness Centre, both locations  
616.8498 EPS Mississauga Library System  
616.8498 EPS Toronto Library System

*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.