

Sleep Lab Supports Local Communities

We spend about one third of our life sleeping, and sleep is necessary to help repair and restore our bodies. That's why it's important to manage any sleep-related issues. The Sleep Lab at CPDMH does just that.

Last year, more than 900 patients had a sleep study done at CPDMH's Sleep Lab. Now, a new service provider - MedSleep - is ready to care for even more community members in the region.

Overnight sleep studies help to diagnose a wide range of sleep disorders, from insomnia and sleep apnea, narcolepsy and night movement disorders.

If left untreated, these issues can result in higher risks of diabetes, heart disease, impotence, depression and arrhythmias. Sleep disorder patients may also have daytime sleepiness which increase motor vehicle accidents, work related accidents, poor job performance and decreased quality of life.

Patients are referred to the Sleep Lab by their family doctor and connect with a sleep specialist via telemedicine. For the actual study, patients arrive at CPDMH and are connected to a variety of sensors. They are then left to sleep in a private room. No special preparation is required.

A technician monitors their sleep patterns, brain waves, oxygen levels, heart rate, breathing and eye movements from a different room. Patients then return to CPDMH to discuss the results of the study once the results are ready.

Patients should speak to their family physician for a referral to the Sleep Lab.

