



**MISERICORDIA**  
H e a l t h • C e n t r e  
*The future of care*

# Sleep Disorder Centre

An average of 600 patients visit the Sleep Disorder Centre each month, seeking help for breathing problems that can have a profound and serious impact on their health and lives.

A referral process determines if a person needs to undergo a full sleep study or whether a clinical appointment may address their course of care.

## Sleep Studies | 204-788-8570

The centre has 10 beds and conducts overnight sleep studies seven nights a week. A polysomnographer collects data while the patient is asleep, including tests measuring heat rate, respiratory effort and oxygen saturation.

Patients may be woken up and provided with a ventilator or other device, and more data is collected after they fall back asleep.

Following the study, sleep physician specialists from the University of Manitoba's Section of Respirology, Department of Medicine, review the data and plan a treatment program.

## Treatment

### More than 10,000 patients helped annually

Patients may receive medication or portable devices they can use at home. Many sleep with a ventilator that aids their breathing and provides much-needed, peaceful sleep.

Treatment usually begins within six weeks from the start of the study.

The centre treats more than 10,000 patients each year performing roughly 5,200 sleep studies.

"Having a CPAP machine\* made a difference right away. It's 100 per cent better."

– Norman Roseman, sleep centre patient

\*A CPAP machine is a portable devices - with a mask connected to an air hose that fits over the patient's nose - that is used nightly.