



MISERICORDIA
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The future of care

Sleep Disorder Centre

Sleep Studies | 204-788-8570

The Sleep Disorder Centre is made up of the provincial sleep disorders diagnostic laboratory, sleep clinic and treatment service.

The centre treats more than 10,000 patients each year, including over 2,600 day and overnight sleep studies and over 2,200 home sleep studies annually. A referral process determines if a patient needs a full sleep study or if a course of care can be achieved with a clinic visit.

Patients come to us for help for sleep disorders that can have a profound impact in their health and well-being, including narcolepsy, insomnia and breathing problems during sleep.

How it works

The Sleep Disorder Centre has 10 beds and conducts sleep studies seven nights a week. Data is collected by a polysomnographer, including heart rate, respiratory effort and oxygen saturation. A patient may be woken during the study and provided with a ventilator or other device and allowed to sleep again so further data can be collected.

Following a study, sleep physician specialists from the University of Manitoba's Section of Respirology, Department of Medicine, review patient data and plan a treatment program. Treatment may also be developed in collaboration with the WRHA Clinical Health Psychology Department.

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.

