

100% of revenues generated from the Sleep Laboratory go directly back into West Park Healthcare Centre services benefiting patients recovering from a life-altering event or illness such as respiratory disease, stroke, amputation, motor-vehicle accident and acquired brain injury.



## Other services available to you

West Park Healthcare Centre also offers patients, including sleep laboratory patients, access to acupuncture, chiropody & orthotics, chiropractic, cold laser, massage, occupational therapy, physiotherapy, warm-pool therapy/aquafit and other services at the Rehab Plus clinic.

To find out more, call Rehab Plus at 416-243-3778 or visit [westparkrehabplus.com](http://westparkrehabplus.com).

### TRANSPORTATION

TTC: (416) 393-4636

Wheel Trans Customer Service: (416) 393-4111

Wheel Trans Reservations: (416) 393-4222



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## Sleep Laboratory

Sleep Studies, Pulmonary Function and Respiratory Exercise Testing



## The West Park Sleep Laboratory

### Part of West Park's comprehensive Pulmonary Function & Respiratory Diagnostic and Evaluation Services

West Park's Sleep Laboratory is staffed by a fully qualified team of health care professionals to diagnose and treat your sleep-related disorders. Tests vary from simple screening to identify whether patients require oxygen at night, to complete respiratory polysomnographic studies to assist in the assessment and management of sleep disorders. The clinic is equipped with state of the art equipment, reception area, comfortable bedrooms and a wheelchair accessible washroom and shower facility.

### Pulmonary Function & Pulmonary Exercise Testing

Testing is offered to assess lung disease type and severity. Pulmonary Function Tests (breathing tests) assess lung capacity, lung volumes and the ability of the lungs to move oxygen from the lungs to the blood under normal resting conditions. Pulmonary Exercise Tests monitor the ability of the lungs to function and move oxygen into the bloodstream when the body is at work (exercise). Tests are interpreted by a respirologist and the results sent to the patient's referring physician.

Appointments by physician referrals.

Services covered by OHIP.

## What do we offer?

- **Diagnosis and management of sleep-related disorders including sleep apnea, restless leg syndrome, periodic limb movement disorders, narcolepsy, parasomnias and insomnia**
- **Expertise with patients with complex respiratory and medical conditions, mobility limitations and nocturnal ventilatory support**
- **Full testing including STAT, Pulmonary Function (PFT) and Pulmonary Function Stress (Exercise) tests with quick turnaround time on reports**
- **Report interpretation and clinical consultations provided by respirologists**
- **Access to urgent bookings; short waiting period**
- **Patient education including optimum sleep strategies and practices provided by a registered sleep technologist**

## Signs you may have a sleep disorder

- Insomnia - the inability to fall or stay asleep
- Restless sleep, frequent awakenings
- Awakening with a choking feeling or gasping for air
- Loud snoring and pauses in breathing during the night
- Racing heartbeat or shortness of breath
- Leg cramps or continuous, uncontrollable urge to move legs; swollen legs
- Frequent urination at night, impotence
- Excessive daytime sleepiness (EDS)
- Lack of motivation, forgetfulness and irritability
- Difficulty learning or concentrating
- Morning headaches
- Lack of energy, anxiety or depression
- Obesity
- Uncontrolled high blood pressure

