

Clinic Staff

Dr. Harneet Singh - M.D., FRCP(C), D.ABPN,
D.ABSM - Medical Director

Dr. Carlos Rodriguez- M.D., FRCP(C)
Sleep Specialist

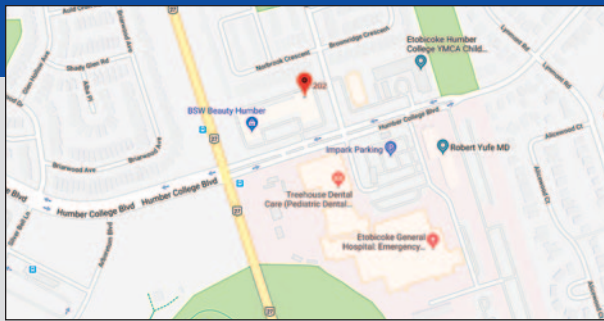
Dr. Sunil Bhalla - M.D., FRCP(C) D.ABSM,
D.ABIM - Sleep Specialist

Dr. Sundeep Bola- B.S.C., M.D., FRCP(C)
Pediatric Sleep Specialist

Dr. Tarvinder Kukreja- MD, CCFP
Sleep Specialist

Dr. Kevan Mehta- MA, MB, BChir, FRCP(C)
Pediatric Sleep Specialist

Iqbal Singh Dhanju, MSc, PhD, RPSGT
Technical Director/Manager



Driving directions from Hwy. 427

Northbound/Southbound:

Exit Hwy 427 at Finch Avenue and proceed eastbound. Continue east to Hwy 27. Turn south (right) on Hwy 27 and proceed to Humber College Boulevard (first lights). Turn east (left) at Humber College Boulevard. The sleep clinic is on the northeast corner of Hwy. 27 and Humber College Boulevard.

Driving directions from Hwy 401 Westbound

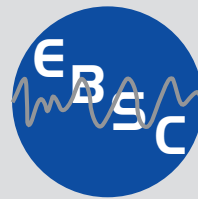
(Toronto / Scarborough / Markham):

Exit Hwy 401 at Islington Avenue and proceed on 409 W. Take Belfield Rd/Kipling Ave exit and proceed on Belfield Rd to Hwy 27. Turn north (right) at Hwy 427 and proceed to Humber College Blvd. Turn east (right) at Humber College Boulevard. The sleep clinic is on the northeast corner of Hwy 27 and Humber College Boulevard.

Driving directions from Hwy 401 Eastbound

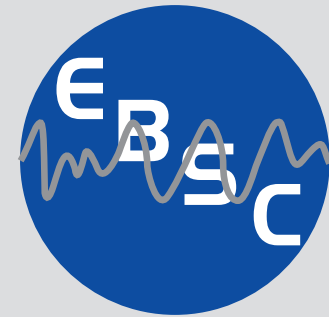
(Mississauga / Brampton):

Exit Hwy 401 at Renforth Drive/Airport Road and proceed onto Hwy 427 North. Exit Hwy. 427 at Derry Road/Rexdale Blvd exit and proceed on Rexdale Blvd to Hwy 27. Turn left on Hwy 27 North and proceed towards Humber College Boulevard. The sleep clinic is on the northeast corner of Hwy 27 and Humber College Boulevard.



*Etobicoke-Brampton
Sleep Clinic*

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www.ebsleepclinic.com



*Etobicoke-Brampton
Sleep Clinic*

A patient centered 12 (9 Adult & 3 Pediatric) bed free standing sleep diagnostic and treatment center using state of the art equipment, experienced certified sleep specialists and registered sleep technologists.



When should I send my patient for sleep evaluation?

When To Consider Pediatric Referral

Dr. Bola and Dr. Mehta are accepting referrals for children **aged 4 – 18 years**. Children will be booked for an initial consultation followed by an overnight sleep study if required.

For Pediatricians and Family Physicians:

- Sleep disordered breathing:
- Abnormal movements during sleep
- Parasomnia
- Behavioral sleep disturbance
- Insomnia
- Any concerns for sleep disorders not mentioned above

For Otolaryngologists (ENT surgeons):

- Pre-operative (adenotonsillectomy/adenoidectomy/tonsillectomy)



When To Consider Adult Referral

- 1 You suspect your patients has a sleep related breathing disorder, such as **Obstructive Sleep Apnea**

Symptoms of Obstructive Sleep Apnea

- Loud snoring
 - Waking up unrefreshed and having trouble staying awake during the day
 - Waking up with headaches
 - Waking up during the night with the sensation of choking
 - Waking up with a dry mouth
 - Frequent trips to the bathroom during the night
 - Waking up and gasping for air
 - Difficulty staying asleep
 - Obesity
 - Frequent sore throats in the morning
2. Your patient's symptoms do not suggest sleep apnea but he/she complains of **persistent daytime sleepiness** despite adequate time in bed at night

Symptoms of persistent daytime sleepiness

- Work related problems due the hyper somnolence
 - Driving problems due to sleepiness
 - Falls asleep inappropriately
 - Restless Legs
 - Kicking during sleep
 - Often grumpy and irritable
3. Your patient **sleeping of insomnia** which lasts for more than a month despite a trail of sleep pills, or your are not comfortable prescribing hypnotics.

Symptoms of Insomnia

- Difficulty falling asleep
 - Waking up frequently during the night
 - Difficulty returning to sleep
 - Waking up too early in the morning
 - Unrefreshed sleep
 - Daytime sleepiness
 - Difficulty concentrating
 - Behavioral, learning or social problems
 - Lack of energy
4. Your patient or a patient's family member notes **unusual and/or potentially dangerous behaviors during sleep**
 - Sleep bruxism
 - Taking, yelling and/or screaming in sleep
 - Sleep walking
 - Sleep enuresis
 - Sleep terrors
 - Confusional arousals
 - Sleep related violence
 - Personal injury in sleep
 - Sleep paralysis
 - Nightmares
 - Acting our of dream
 - Punching, kicking, choking partner
 5. **Other complaints of sleep**
 - Having dreams soon after falling asleep or during naps
 - Having episodes of feeling paralyzed during sleep
 - Wake up at night with an acid/sour taste in mouth
 - Wake up at night coughing or wheezing
 - Leg kicking during sleep/Restless leg