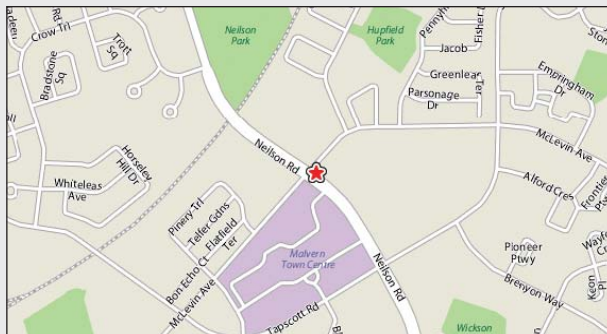


Clinic Staff

Dr. David J. Ross, M.D., FRCP (C)
Respirologist & Medical Director

Dr. Theodre Monchesky, M.D., FRCP (C)
Internal Medicine & Sleep Specialist

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



Malvern Sleep Clinic
1371 Neilson Road, Suite 306, Scarborough, ON

Driving directions from 401 Westbound (Ajax / Pickering / Whitby / Oshawa):

Exit 401 at Neilson Road and proceed Northbound on Neilson Road to McLevin Avenue. The sleep clinic is on the Southeast corner of Neilson Road and McLevin Avenue.

Driving directions from 401 Eastbound (Toronto / Mississauga):

Exit 401 at Neilson Road and proceed Northbound on Neilson Road to McLevin Avenue. The sleep clinic is on the Southeast corner of Neilson Road and McLevin Avenue.

Driving directions from 404 Southbound (New Market / Richmond Hill):

Take 404 southbound and proceed towards 401 east. Exit 401 at Neilson Road and proceed Northbound on Neilson Road to McLevin Avenue. The sleep clinic is on the Southeast corner of Neilson Road and McLevin Avenue.

Driving directions from Markham / Unionville:

Take Markham Road southbound and proceed to Finch Avenue. Turn east (Left) on Finch Avenue and proceed to Neilson Road. Turn south (Right) on Neilson Road and proceed to McLevin Avenue. The sleep clinic is on the Southeast corner of Neilson Road and McLevin Avenue.



Malvern Sleep Clinic

1371 Neilson Road, Suite 306,
Scarborough, Ontario M1B 4Z8
Tel: 416-282-9119 • Fax: 416-282-4141
Email: malvernsleep@rogers.com
Web site: www.malvernsleepclinic.com



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Our mission is to provide comprehensive services to physicians and their patients experiencing sleep related medical conditions.

Referrals are accepted from family physicians and specialists.

Patients are assessed by the attending sleep specialist, with a comprehensive consultation and full explanation of the results of their sleep study. Based on the results, a treatment plan is discussed with the patient, implemented and appropriate follow up is arranged.



When should I send my patient for sleep evaluation?

1. You suspect your patient 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
 - High blood pressure
 - 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 to hyper somnolence
 - Driving problems due to sleepiness
 - Falls asleep inappropriately
 - Restless legs
 - Kicking during sleep
 - Often grumpy and irritable
3. Your patient **complains of insomnia** which lasts for more than a month despite a trial of sleep pills, or you 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
 - Talking, 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 out of dreams
 - 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 legs