

# Clinic Staff

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Sleep Specialist

**Dr. Marc Narayansingh, M.D.,FRCP (C)**  
Neurologist / Sleep Specialist

**Dr. Anushya Chelvanathan**  
Respirology & Sleep Medicine

**Dr. Sundeep Singh Bola**  
Pediatric Sleep Physician  
Pediatric Respirology & Pediatrician



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

**Driving directions from 401 Eastbound**  
**(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



*Malvern Sleep Clinic*

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



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# When should I send my patient for sleep evaluation?

## When To Consider Pediatric Referral

Dr. Bola is 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 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 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