



MISERICORDIA
H e a l t h • C e n t r e
The future of care



Sleep Disorder Centre

An average of 255 people visit the Sleep Disorder Centre each week, seeking help for breathing problems that can have a profound and serious impact on their health and lives.

A referral process determines if a person needs to undergo a full sleep study or whether a clinical appointment may address their course of care.

Sleep Studies | 204-788-8570

The centre has 10 beds and conducts overnight sleep studies seven nights a week.

A polysomnographer collects data while the patient is asleep, including tests measuring heart rate, respiratory effort and oxygen saturation.

Patients may be woken up and provided with a ventilator or other device, and more data is collected after they fall back asleep.

Following the study, sleep physician specialists from the University of Manitoba's Section of Respirology, Department of Medicine, review the data and plan a treatment program.

Treatment

12,600 patients helped annually

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.

The centre, which has approximately 35 staff, sees more than 4,400 patients each year. An additional 100 home studies are performed each month.

"Having a CPAP machine* made a difference right away. It's 100 per cent better."

– Norman Roseman, sleep centre patient

* A CPAP machine is a portable device – with a mask connected to an air hose that fits over the patient's nose – that is used nightly and provided free of charge.