

The Sleep Disorders Program was established to provide special expertise in the investigation, diagnosis and treatment of sleep disorders. Donation made to the clinic are used to aid research and purchase additional equipment. All donations are tax deductible and appropriate receipts are issued. Please make cheques payable to:

Vancouver Hospital & Health Sciences Centre Foundation
(Sleep Disorders Program)

All donations may be forwarded to:

Sleep Disorders Program
UBC Hospital
2211 Wesbrook Mall
Vancouver, BC
V6T 2B5

Sleep Disorders Program

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Sleep Disorders Program
UBC Hospital
2211 Wesbrook Mall
Vancouver BC V6T 2B5
Tel: 604-822-7606

General Information

Sleep Disorders are common and occur in up to 15% of the population. Sleep disorders medicine includes diseases such as sleep apnea, narcolepsy and periodic limb movements during sleep. It also involves the management of common conditions such as insomnia, sleep walking and sleep-wake disturbances caused by jet lag and shift work.

The Sleep Disorders Program at UBC Hospital is established as the primary referral centre for people with sleep disorders in British Columbia. It is accredited by the B.C. Medical Association. The Sleep Disorders Program is dedicated to providing excellent patient care, teaching and research for all sleep disorders.

You must be referred by your family physician or specialist. Referrals can be placed either in writing or by telephone. The program focuses on adults. Children are seen occasionally, but special arrangements must be made.

Depending on the type of sleep disorder suspected, your referral is dealt with in one of two ways:

1. If you have a suspected respiratory sleep disorder, you are given an appointment with a physician.
2. If you have a suspected sleep disorder of a non-respiratory nature, you are mailed a package of information to complete and return. Following review of the completed package, you are contacted with an appointment to see a physician.

In the initial evaluation, you are given a physical examination and a consultation with a physician specially trained in sleep disorders medicine. You should be prepared to give a good explanation of your behaviour during sleep and your daytime symptoms. Since you may be unaware of what you do while you sleep, it is sometimes helpful for a partner/roommate to attend the appointment or provide a written description of your behaviour during sleep.

After your initial evaluation and depending on your disorder, you may begin treatment immediately or you may be booked for an overnight sleep study. The study is designed to monitor your brain waves, muscle tone, eye movements, heart rhythm, breathing effort and blood oxygen levels during sleep. The procedure is “non-invasive”, meaning there are no needles. A technologist is available in the next room to supervise you at all times. Depending on your suspected disorder, you may be booked for one or two nights in the sleep laboratory. You may require a daytime sleep test called a multiple sleep latency test on the day immediately following your overnight study.

The cost of consultation, sleep studies and follow-up appointments are paid by the B.C. Medical Services Plan if you have valid coverage. Check with your medical plan to determine the extent of your coverage if you live out of the province.

If you have any questions about referral to the program or the services available,
Please contact call:

Sleep Disorders Program

604-822-7606

http://www.vch.ca/sleep_disorders/