

SLEEP APNEA

What is Sleep Apnea?

- Obstructive sleep apnea is a potentially debilitating condition in which you stop breathing at least 10 to 15 times an hour during sleep due to the recurrent collapse of the throat.

Who Does it Affect?

- Five to ten percent of the general Canadian adult population suffers from undiagnosed obstructive sleep apnea.
- 50-60% of patients with heart failure also have sleep apnea.
- Sleep apnea is a higher risk factor for stroke than either cigarette smoking or diabetes.
- Risk factors of sleep apnea include being male, overweight, and over the age of forty - but sleep apnea can strike anyone at any age.



Current Treatment

- Currently, the most effective treatment for sleep apnea is continuous positive airway pressure (CPAP). The device forces air through a tube and into a mask worn over the nose at night, propping the person's throat open at all times, and thus relieving apnea.

Sleep Apnea Research at Toronto Rehab

- Toronto Rehab was the first to demonstrate that sleep apnea is an important risk factor for stroke.
- Dr. Doug Bradley, Director of Toronto Rehab's Sleep Research Laboratory is evaluating the role of diagnosis and treatment of sleep apnea in stroke and heart failure patients to determine whether or not such a unique approach will accelerate rehabilitation, and allow more complete recovery.
- Toronto Rehab is unique because we have access to the cardiac and stroke patient populations needed for research through our Cardiac and Stroke Rehabilitation programs.

What Will Funding Do?

- **Funding will allow Toronto Rehab researchers to continue to:**
 - ✓ explore links between sleep apnea and cardiovascular disease and other illnesses;
 - ✓ develop improved screening and diagnosing techniques;
 - ✓ investigate improved treatments;
 - ✓ disseminate research and information.

Current Funding Opportunities

- **Sleep Apnea Chair - \$2,000,000**
The first of its kind in Canada, financial support will allow the chair holder to more fully develop and expand a specialized research, teaching and clinical program in this field, and work on new treatments.
- **iDAPT Sleep Lab and Cardiopulmonary Lab - \$500,000 each**
- **Ongoing Research Funding and Equipment Needs:**
 - Support a full-time sleep technician
 - Support a Research Fellow
 - Give seed funding for a sleep apnea diagnostic prototype device

For more information please contact:

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