

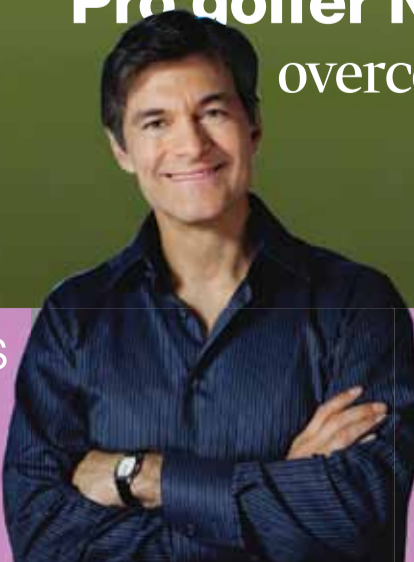
SLEEP




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COMING UP SWINGING FROM NARCOLEPSY

Pro golfer Nicole Jeray shares her story of overcoming her sleep disorder



Doctor's orders
Dr. Oz shares lesser-known zzz facts

Proper pillows
Use your head when picking one



Sleep apnea
Do you know what your options are?

PHOTO: SCOTT A. MILLER

CHALLENGES

TIP

1

CREATE A
BEDTIME
ROUTINE

Not getting the right amount of shut eye has consequences beyond being tired—**your state of health depends on it.**

Sleep and your health: What's the connection?

The World Association of Sleep Medicine (WASM) says sleepiness and sleeplessness are threatening health and quality of life in countries around the globe—and that these sleep problems can be prevented or treated.

Not only are adults struggling to cope with an epidemic of sleep disorders, but doctors are also observing alarming rates of sleepiness and sleeplessness in children. As many as 40 percent of our children aren't getting enough sleep, which is not only hurting their ability to learn, it is adding to the growing risk of teenage obesity. Too often, not getting enough sleep is seen as a badge of honour in our society. Some highly successful people boast of only needing a few hours sleep every night, or not having time in their busy lives to sleep properly. The reality is you need adequate sleep to function properly, to be able to drive safely and just to be healthy. There is nothing noble about not getting enough sleep. Getting enough shut eye should be made a priority for children and adults.

Wake up to the health risks

Sleep scientists and doctors suggest teenagers need about nine hours of sleep a night, and adults need at least seven to eight. A recent Canadian poll found 35 percent of youth aged 12 to 17, and 61 percent of adults get less than this recommended amount. The poll showed an alarming 30 percent of adults are getting fewer than six hours a night. In addition to this, the prevalence and recognition of sleep disorders such as insomnia, obstructive sleep apnea, movement disorders or parasomnias which disturb the quality of sleep, is growing. To top it off, the number of Canadian workers who work non-traditional hours and shift work is growing. Non-traditional work hours reduce the amount of sleep workers can get and disturbs circadian rhythms, which control critical health factors. Sleep directly affects appetite and not getting enough or working unusual hours increases appetite for high calorie-dense foods such as sweets and fats. This contributes to the obesity problem and difficulty losing weight even when people are dieting and exercising. Reduced amount of sleep, poor sleep quality



Dr. Charles Samuels
Medical Director,
Centre for Sleep & Human Performance

DID YOU KNOW?

- Sixty per cent of Canadian adults feel tired most of the time, and get an average of an hour less sleep a night (6.9 hours) than what is recommended (eight hours).
- A person who has not slept for 20 hours has a level of impairment equal to someone with a blood alcohol concentration of 0.08 per cent, the limit at which a driver is considered legally impaired.

and sleep disorders can increase a person's risk for heart disease, diabetes, and stroke. Abnormal sleep can also contribute to changes in mood, depression, anxiety as well as difficulty controlling chronic pain.

Finding your shut eye solution

Children and adults need to be reminded that sleep is the foundation of recovery—the foundation of good health. Every night, the body and the brain need to rest and recover so you can function optimally the next day. Cheating on sleep will catch up with you so in addition to ensuring you're getting enough, also ensure it's of good quality—and don't be afraid to seek out help if you think you have a problem. See your family doctor or primary care health provider and ask for help. Sleep education is becoming a significant health and human resource issue in the professions of medicine, education, transportation, shift-work operations and industry in general. Understanding the importance of sleep, nutrition, activity and the work/life balance is the key to optimal health.

Need a better night's sleep? Seek out the proper pillow

Are you having difficulty getting a good night's sleep? It may be your pillow that is denying you the rejuvenating rest you are looking for.

Do you wake up repeatedly throughout the night, have bags under your eyes in the morning, experience neck pain or arm numbness when you wake up and/or have difficulty dealing with stress? If yes, both Phil Souza, executive vice president of sales and marketing at Mediflow and the Canadian Chiropractic Association (CCA), suggest you take a look at your pillow—a vital aspect of your sleep routine.

Choosing the right pillow

The CCA explains that a good pillow should keep your head and neck in line with your spine. Ideally you

should avoid sleeping on your front and favour sleeping on your back or side, so that your head, neck and spine can maintain their natural alignment. If you are a back sleeper, look for a pillow with medium support that fills the curve between your head and back. If you are a side sleeper, look for a tall pillow with a lot of support that fills the space between your head and shoulder. When pillow shopping, test a variety in store. Remember to turn and shift positions to evaluate the pillow's response because, as Phil points out, "there's approximately 50 head movements and probably 11 or 12 major body movements that you make when you sleep."

Customize your comfort

Another con-



"There's approximately 50 head movements and probably 11 or 12 major body movements you make when you sleep."

Phil Souza
Executive Vice President, Sales & Marketing,
Mediflow

tion is an adjustable pillow. Phil recommends these because they allow you to make changes until you feel supported. He indicates that, "you'll sleep longer and wake up less often." He cites his company's water based pillow as an example. A water pouch in the back and a down or synthetic padding in the front provides

the comfort of a traditional pillow, yet allows you to vary its height and firmness with the water level. The water pocket also helps to encourage good spinal alignment as, "the water disperses and fills that region between your shoulder and jaw and

maintains cervical support," explains Phil.

From your head to your health

Finding a supportive pillow will not only improve your sleep: both Phil and the CCA agree that your overall health will also benefit. You will experience less pain, be better able to handle stress and your body will have the opportunity to rejuvenate itself. Take a step towards improving your quality of life and make the necessary adjustments to ensure that your pillow is encouraging a good night's sleep.

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WE RECOMMEND



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Turn "shhh" into "zzzz"
Suffering from snoring or sleep apnea? Know your options.

"These days, due to new technologies, surgery has moved to the forefront of treatment."

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Dr. Oz addresses frequently-asked sleep questions.

Why you need your sleep p. 7
The adult sleep facts you should be aware of.

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SLEEP
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CHIROPRACTER TIPS



Choose a good mattress

1 Your mattress should be flexible enough to adapt to your body's shape, but firm enough to support your spine. If you share your bed, look for one that provides independent support for each sleeper.

Don't sleep on your stomach

2 Canada's chiropractors recommend sleeping on your back or side. These positions allow your head, neck and spine to relax into their natural alignment. This reduces stress and strain on your muscles and joints that can disrupt your sleep and lead to aches in the morning.

Low back pain?

3 If you have low back pain and sleep on your back, put a pillow under your knees to take some of the pressure off your back. Side-sleepers should put a pillow between their knees for support.

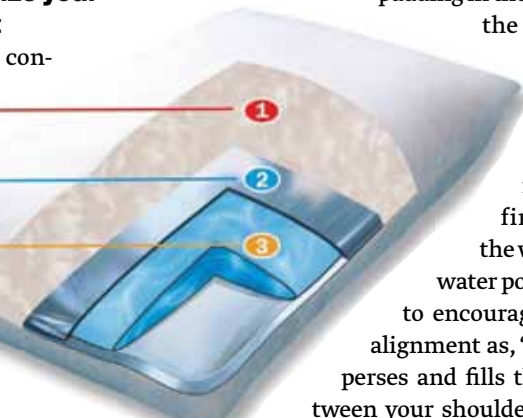
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Bed Bugs need no introduction... They need elimination!

A recent study by Insight Pharmaceuticals ranks Toronto as the third-worst afflicted city in North America—and the bed bug capitol of Canada—with 2270 reports.

Following behind in eighth position is Vancouver, with first place going to the Big Apple, New York City.

To hide under the covers and pretend that bed bugs aren't invading almost every area of our lives is foolhardy. Bed bugs are found in hospitals, libraries, office buildings, schools, department stores, university dormitories, hotels and movie theatres, to name a few. They're also expert long distance travelers, adeptly surviving in suitcases, clothing, vehicles and cruise ships.

Small but mighty

These resilient tyrants, merely the



“These resilient tyrants, merely the size of a sesame seed, are invading the privacy of our homes, regardless of demographics.”

Bernard Weinstein
President, Caber Sure Fit

size of a sesame seed, are invading the privacy of our homes, regardless of demographics. They inflict red itchy swollen bites, turn innocent lives upside down, and cause emotional and physical devastation.

Unable to fly, they're rarely seen in the daylight. Unlike fleas or lice, bedbugs do not live on people, but only visit them when they're hungry—and they're most hungry and active during the night. Their domain is the human body, especially the face, neck, upper torso, arms and hands. After feed-

ing, they turn dark red and become bloated.

Hunting in the dark

Bed Bugs are called “bed” bugs because the “bed” environment is their favourite breeding ground. At night, while we sleep, they escape from their hiding places in search of their only source of nourishment—our human blood. Some people have reported as many as 90 bites in one night. There are people who are extremely sensitive to their bites

can have almost immediate localized allergic reactions which include bright red, very itchy swelling that looks like a mosquito bite. Scratching the itchy, bitten areas can lead to serious infection and other ailments.

The most unwelcome guest

Bedbugs leave definite markings to advise their human hosts that they've taken up permanent residence in their homes. Dark spotting and staining on sheets, mattresses, pillows and clothing are the most visible telltale signs. The staining is from excrement and blood left by crushed bedbugs that have spent the night feasting. Moulded skins, excrement and eggshells can also be discovered in their favourite hiding places, namely the many crevices found in all mattresses. In severe cases, bed bugs leave an offensive, sweet and musty odour produced by their scent glands.

Steer clear of the hungry critter

- Encase your mattress, box springs and pillows to ensure bed bugs can never enter, breed and escape.
- When traveling, leave your belongings near the door or as far away from the bed as possible while inspecting the sleep environment.
- Beware of bringing infested items into your home. Thoroughly inspect your and your guest's luggage and clothing, especially after travel to other countries.
- Clean up clutter to help reduce the number of places bed bugs can hide.
- Ensure you have no cracks and crevices in the exterior of your home.

According to many entomologists, as bed bugs continue to breed in our mattresses and other personal living spaces they are quickly becoming the 21st century plague.

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INSPIRATION



SUPPORTING HER CAUSE
Jeray has teamed up with Jazz Pharmaceuticals to raise money for the Narcolepsy Network (NN)
PHOTOS 1-2: SCOTT A. MILLER

Getting enough sleep is a perennial challenge for many, but for a few among us, the problem is sharply reversed—how to sleep less. **For pro golfer Nicole Jeray, the fight against Narcolepsy has been a daily struggle.**

Coming up swinging from Narcolepsy

CHANGE

For LPGA veteran Nicole Jeray, the past two decades of her life have been marked by a painful struggle to stay awake.

Things weren't that great when she was awake either—she had to steel herself to not feel too much emotion.

"Intense emotion, even positive emotion like happiness, would cause me to fall asleep," she says. Jeray suffers from narcolepsy, something she has had since a teenager, but this was only diagnosed 15 years ago, after she suffered a debilitating episode of cataplexy (sudden loss of muscle tone), which had her sprawled on the floor.

"I could hear what was happening around me, but couldn't open my eyes. It was terrifying," Jeray remembers, thinking that she might have something sinister like a brain tumour, or Lou Gehrig's disease.

She did the medical rounds, searching for a doctor who could pinpoint what was wrong. It was with some relief when she

was finally diagnosed with narcolepsy.

Struck by a silent culprit

Narcolepsy is a neurological sleep disorder. The most common symptoms are periods of extreme drowsiness during the day when the person may feel a strong urge to sleep, often followed by a short nap (sleep attack).

There is no known cure for narcolepsy and unfortunately, it often takes years to diagnose. It is estimated that 24,000 Canadians have the disorder and the problem usually starts in the teen years.

Narcolepsy is a very misunderstood disease, says Jeray, now 41, because more often than not, the sufferers appear to be living normal lives. "The narcolepsy got progressively worse. I was always sleepy. I fell asleep at the bar, even behind the wheel. However, I seemed normal to others because I did not let myself slow down. I was always on the go—I had goals to achieve."

Before she was accurately diagnosed, it was suspected that her hormones were ailing her (she spent "thousands"

PROFILE

Nicole Jeray

■ **Born:** October 11, 1970, Berwyn, Illinois

■ **Playing golf since:** Age 11

■ **Golfing heroes:** Annika Sorenstam and Lorena Ochoa

■ **Most admires:** Her mother

■ **Loves:** Seared ahi tuna, pizza

■ **Hates:** Olives

■ **Favourite region:** Southeast Asia because of the different cultures, and foods.

Source:
www.nicolejeray.com

trying to treat this apparent issue). Then, her diet was pegged as the problem (she became a vegan for 18 months, but no longer). All, along, she was juggling with her ambition to play golf professionally.

It was the Narcolepsy Network, a patient support organization, that helped turn her life around in 2000. Attending her first narcolepsy conference that year, mother in tow, was an eye opener. "I was sitting in the meeting, trying my hardest to stay awake, when my mum pointed out that three out of four people at the same table were asleep! I didn't feel like a freak anymore, because I could see that there were others like me."

Dealing with the problem

Jeray is now on effective medication, called xyrem, to manage her condition. "I am almost perfect. I can laugh and have fun. I am so grateful that there are good medications out there now."

Pre-xyrem, she had to schedule two

to three naps into her day. "I've slept at Sea World, slept under the tree at the Augusta Masters, even slept on the toilet. It's not so bad now, but I have very supportive family and friends."

Meanwhile her future is brighter than ever. "I love playing competitive golf," she says. "Plus, when I turn 45, I can play on the Legends Tour [for LPGA members age 45 and over]. That's incentive to keep playing and to keep myself in shape."

Jeray is working to raise funds and awareness for the Narcolepsy Network. In her Swinging for Sleep campaign, people can make a pledge for every birdie she makes during a tournament competition or choose to make a one-time donation. This year's campaign will be launched mid-March. Jeray raised US\$4,500 last year and hopes to double that in 2012.

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INSPIRATION

CHANGE

TIP
2

MAKE IT A PRIORITY TO MAKE UP FOR LOST SLEEP



“The narcolepsy got progressively worse. I was always sleepy. I fell asleep at the bar, even behind the wheel.”



NEWS IN BRIEF



Dr Brian Rotenberg, MD MPH FCSC
Department of Otolaryngology, Schulich School of Medicine & Dentistry, The University of Western Ontario

Turn “shhh” into “zzzz”

■ Trying to create a more peaceful sleeping experience?

You’re not alone. Surgery for sleep apnea and snoring is a rapidly growing area. In the past, however, surgery did not have a strong reputation because the techniques used were both painful and only moderately successful. These days, due to new techniques, surgery has moved to the forefront of treatment, especially since many of the less invasive methods of apnea therapy are difficult for patients to adhere to.

What’s the ruckus?

Vibration and collapse of tissues at the back of the throat, including tonsils, palate and tongue, cause both snoring and sleep apnea. The loud and annoying sound of snoring comes mostly from the soft palate and uvula. Surgery can be done to either stiffen the palate (by placing small implants) or reconstruct it through various methods. The implant technique is minimally invasive, and works reasonably well, but there is often some residual snoring left. The larger surgeries are more effective but also carry greater risks than simple implants.

Everyone with apnea will snore—but not every snorer has sleep apnea. If a snoring patient is found to also have sleep apnea, then palate surgery alone is rarely enough to treat the problem. Typically apneic patients also need their tonsils removed and the back of the tongue decreased in size. In some cases, the nasal passageway should be improved as well. These various procedures in combination are the core concept of multi-level surgery for sleep apnea.

Is surgery right for you? Sleep on it

Modern technology allows for these surgeries to be performed in a surprisingly less painful manner than might be expected. Although many patients with apnea want surgery not everyone is suitable for it, especially people with very severe cases or those who are substantially overweight.

2

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DON'T BE A DROWSY DRIVER

Between 2004 and 2008, 2.1 percent of Ontario's road fatalities occurred in collisions in which fatigue was identified as a factor in police collision reports.

■ Between 2004 and 2008, of all collisions involving fatigued drivers, 41 percent of fatal collisions and 72 percent of injury collisions were single-vehicle collisions.

■ Based on the 2008 Ontario collision data, there were 1,638 motor vehicle collisions that involved fatigued drivers (12 fatal, 546 injury and 1,080 Property Damage Only)

■ It is generally acknowledged that fatigue-related collisions are significantly underreported due to the difficulty in determining if fatigue was a contributing factor in a collision. (Unlike the situation with alcohol-related crashes, no blood, breath or other measurable device is currently available in Ontario to quantify levels of fatigue at a crash site).

Existing legislation— are you aware?

■ Although there is no offence under Ontario's Highway Traffic Act (HTA) or Criminal Code for "drowsy driving", drivers who are caught driving while fatigued may be charged under existing laws:

■ "Careless Driving" (under Section 130 of the HTA): fines up to \$2,000, six demerit points, up to six months in jail, and up to two years licence suspension; charge would apply to every person who drives without due care and attention.

■ "Dangerous Driving" (under the Criminal Code): jail terms of up to five years; charge would apply to every person who drives a motor vehicle in a manner that is dangerous to the public.



PROFESSIONAL RISK
Truck and bus drivers are legally required to take an eight-hour consecutive break before each new shift.
PHOTO: SHUTTERSTOCK

■ Also, under Section 203 of the HTA, medical practitioners must report any patient aged 16 and over who has a medical condition that may make driving dangerous - this includes sleep disorders.

For pro drivers, sleep isn't an option—it's a rule

■ On January 1, 2007, the govern-

ment implemented new hours of service regulations for truck and bus drivers to help prevent fatigue-related collisions.

■ Specifically, drivers are limited to a maximum of 14 hours on duty including 13 hours driving per day and must take 10 hours off per day.

■ Drivers are also required to take eight consecutive hours off to start a

new work shift.

Help along the way

■ The Ministry of Transportation (MTO) is committed to providing opportunities for drivers to stop and rest during their travels in Ontario through its Rest Stops Program, and in the North through its partnership with the Ministry of Northern De-

velopment, Mines and Forestry.

■ In total, there are 185 provincial roadside rest stops, picnic areas, scenic lookouts, parks and historical sites across Ontario; included in this number are 23 highway service centres in Southern Ontario along Highways 400 and 401.

■ Over a three year period, 20 of the 23 highway service centres in Southern Ontario are being modernized to better serve both commercial and private motorists. Major improvements are being undertaken to offer travellers a welcoming place to rest, enjoy modern amenities and avoid driver fatigue.

■ In total, 14 modernized highway service centres are fully operational as of July 31, 2011. Another six service centres will be redeveloped over the next two years.

■ During the redevelopment of the service centres, the ministry is working to ensure that drivers are aware of privately operated and easily accessible alternative service areas located at or near interchanges along the highway that are open on a 24-hour-a-day, 365-day-a-year basis.

■ MTO continues to install shoulder rumble strips on rural roadways; studies show they reduce the rate of crashes involving vehicles running off the road.

■ MTO has a policy and design standard for centreline rumble strips. Current installations have demonstrated very positive results in reducing crashes, and MTO plans to install them at more locations.

■ MTO uses transverse rumble strips as warning devices in advance of stop signs and sharp curves that may be unexpected.

BOB NICHOLS

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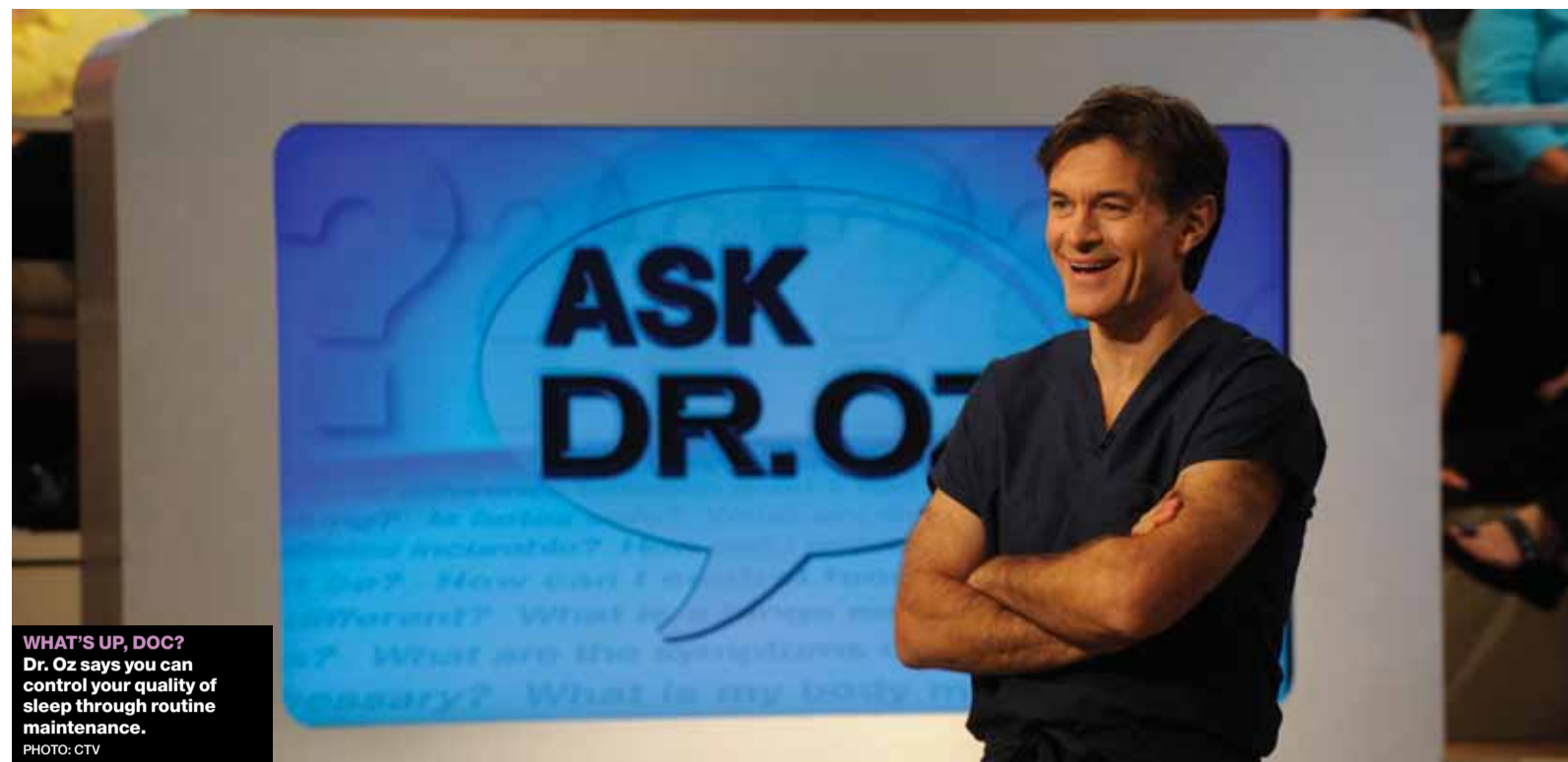
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INSIGHT



WHAT'S UP, DOC?
Dr. Oz says you can control your quality of sleep through routine maintenance.
PHOTO: CTV

Is your slumber knowledge accurate? Dr. Oz gives us insight into lesser known sleep facts.

Sleep on it: Doctor's orders

How important are bedtime routines?

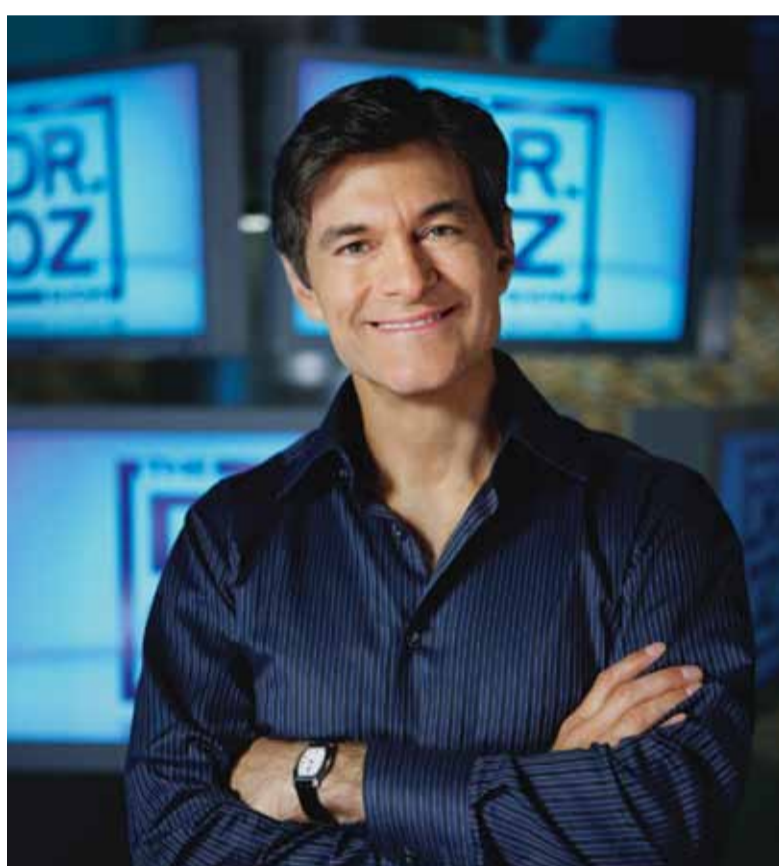
"Falling" asleep is a misnomer. Instead, we need to glide to sleep and our sleep hygiene facilitates this process. Bedtime routines are important because they signal to the body that it is time to wind down for sleep. Relaxing techniques—like taking a warm shower, reading a book, or listening to soothing music—calm your mind and body before bed. By doing the same thing every night, your body will begin to associate the activity with sleep. Sleeping on a regular schedule also trains your body to cooperate with the plan. Go to bed and wake up at the same time every day, whether it's the weekend or not. Finally, (for thousands of years) our bodies have been trained to respond to the setting sun. A couple hours after the sun goes down, our body wants to begin releasing melatonin to initiate sleep. If you stay up late this disrupts your natural sleep cycle, which is why the sleep you obtain prior to midnight is more valuable to sleep later in the evening. Watching television or working on your computer into the night further suppresses melatonin and thus your ability to sleep. Taking melatonin orally can actually help your routine, but remember to take a small dose of 1mg at least two hours prior to bedtime so the pill has time to be absorbed into the brain.

How does sleep factor into skin care?

Using moisturizers before you sleep can help reduce wrinkles and keep your skin looking young. Apply a moisturizer with vitamin A and peptides before bed to trap in moisture through the night and spur the production of collagen. To enhance moisture levels throughout the night, turn on a humidifier. Your sleep position can also affect your skin. Sleeping on your back prevents your skin from sagging, and as you age, your skin loses the ability to bounce back to normal. As always, get at least 7.5 hours of sleep! Lack of sleep increases your cortisol levels which lead to collagen breakdown and more wrinkles.

How do you recommend getting over jet lag?

The most difficult and effective step is to maintain your regular sleep schedule—you'll want to go to bed earlier, but don't give in! Stay up until the time you would normally go to sleep. The same applies for waking up; avoid the temptation to sleep late. Also, don't take long naps during the day, as they will only reinforce the jet lag. If you are really tired, try to limit naps to 30 minutes. Caffeine can be helpful in the early afternoon for an extra boost, but drink it too late and you'll have trouble sleeping. You can also try melatonin, which has been the subject of many studies and has been found to reduce the number of days it takes your body to adjust, im-



proves sleep, and reduces daytime fatigue. Another way to cope with jet lag is to try to tackle it before traveling. Several days before your trip, begin to adjust your sleep schedule slightly by going to bed an hour earlier if you are flying east or an hour later if you are flying west.

Can you get skinnier in your sleep?

Getting skinnier in your sleep sounds like a dream come true—and it actually can happen! Sleep deprivation actually causes weight gain by increasing food cravings for high fat and high carb foods that even the most dedicated dieter will have trouble resisting. In addition, it throws off your hormone balance, increasing ghrelin levels, which stimulate your appetite, while decreasing leptin levels, which signal satiation. And it's an endless cycle: by eating more, you'll lose REM sleep, the stage of sleep where you burn the most calories. So, the answer's simple: get more sleep! If you increase your sleep just one hour a night, you can lose up to 14 pounds a year! Plus, make sure not to lie in bed for too long trying to sleep; you'll lose three times more weight when you're actually asleep than when you're lying in bed.

What should all new parents know about babies and sleep?

Interrupted sleep is one of the most overlooked issues when it comes to pregnancy, birth and early childhood. It's not unusual to hear a woman say that she's never slept the same since she had her first baby. Up to 95 percent of women say they experience sleep changes during pregnancy including less REM sleep and more vivid dreams. It's also likely that toward the end of pregnancy you will experience frequent awakenings, which some experts theor-

ize is preparation for postpartum baby care.

Once labour hits, odds are that by the time the baby comes (and in the few days afterward) both you and your partner will be exhausted. It's a beautiful but stressful experience. Everything is new and different, and not necessarily on your terms anymore.

You'll find that your newborn sleeps in tiny chunks of just a few hours at a time. For new mothers, that's really the only time you'll be getting your sleep. As many have said, when the baby sleeps, you sleep. To ensure you get needed rest, have your partner or someone else you trust to look after baby when possible. Do not think you can easily do this all by yourself.

As your little one develops into a toddler, his/her sleep cycle will become more like yours used to be, with longer spans of night time slumber (up to 12 hours straight is possible by six months of age). A key to restful sleep is a very dark room and a comforting sound machine. Still, expect night time awakenings. You'll likely underestimate just how much sleep your baby needs, so ensure your baby also gets adequate naps, usually two to three a day.

If you don't have a philosophy about sleep training, you'll want to develop one. There are a range of approaches spanning from not training a baby at all, to letting a baby "cry it out" when he or she wakes at night. You're going to want to be consistent, no matter what you decide, even down to the bedtime routine.

Something else to keep in mind—postpartum depression can mask itself in sleepiness. If you think you're developing postpartum depression, it's critical to see a healthcare professional.

Remember, sleep is incredibly critical to the healthy de-

velopment of your child, all the way into adulthood. Some experts think teenagers have developed a difficult reputation simply because they're sleep-deprived. So, put an emphasis on sleep in your home and start as soon as you can.

How important is a good quality mattress?

A quality mattress in an incredibly valuable investment—after all, you spend about one-third of your life in bed! When looking for a mattress, make sure to select one that's firm enough to evenly distribute your weight. If your mattress is creaky, it might be time for a new one, especially if you are sharing a bed. Even the slightest moment on a creaky mattress can disrupt you or your spouse's sleep. And ensure that your favourite down pillow is not worn out. Mites eat the down and their poop makes the pillow soft, but also leads to allergies, which awaken you from restful sleep.

How can you create a good sleep environment?

Creating a good sleep environment is an easy way to help ensure deep, rejuvenating sleep. You should focus on two things: your bed and your space. You sleep better when you're cooler, so invest in a cold gel pillow, or turn down the temperature in the room. You could even get a temperature-regulated mattress, which adjusts to fluctuations in your body temperature to keep you cool. Also, try to keep your pet out of your bed if you are already having trouble sleeping. If you have allergies, sleeping in a fur-covered bed isn't going to help! Next, focus on the space. Get dark curtains, or try an eye mask, to block out any excess light. A sleep machine is great if you are particularly sensitive to sound. Fill your room with cool, calming colors, like blues and purples. Avoid watching television in bed, or working on a computer. Finally, put your cell phone five feet away from your bed and put it on silent. If you need to talk on the phone an hour before bed, use a landline because a study found that the wireless signal from your cell phone can actually disrupt deep sleep.

THE DR. OZ SHOW airs Week - days at 4 p.m. ET/PT on CTV.



ADULT SLEEP FACTS

NEWS

Why you need a good night's rest
It's gender specific

→ Men sleep less on average about 11 minutes less than women a night, but women have a higher rate of trouble falling asleep or staying asleep (35 per cent compared to 25 per cent for men).

It affects work performance

→ The most common health complaint among shift workers is lack of sleep. One third of Canadians who do shift work have problems falling asleep or staying asleep (compared to one-quarter of people who work regular hours).

Zero zzz's mean less healing

→ A non-typical sleep schedule from shift work disturbs the body's natural pattern of rest and rejuvenation which can lead to physical and mental problems, including cardiovascular disease, hypertension, asthma, diabetes and depression.

Dreaming of a healthy heart

→ An extra hour of sleep a night appears to decrease the risk of coronary heart calcification, or hardening of the arteries, an early indicator of cardiovascular disease.

Drive away dreams

→ Commuting has a negative impact on sleep. People who commute an hour or more a day sleep less than those who have a 30 minute or less commute.

Parents get less

→ People who are married or living common law sleep less than people who aren't married. People with children under the age of 15 sleep less than people who don't have children in the house.

Keep it down

→ The top two sleep conditions in adults are snoring/sleep apnea and insomnia. As many as 10 percent of Canadians have clinically significant insomnia requiring treatment. About five per cent of Canadians have sleep apnea that requires treatment and poses a substantial health risk.

Wake up to the costs

→ Diagnosing and treating the top two sleep disorders can improve quality of life for patients and reduce the burden to the health care system (as demonstrated in epidemiological and health care economic studies). Diagnosing and managing other sleep disorders such as restless leg syndrome, narcolepsy and parasomnias provides a tremendous benefit to the patient.

Read more on the web:

www.canadiansleepsociety.com
www.worldsleepday.org

Courtesy of the Canadian Sleep Society





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Queen.
REG. 37.99 **SALE 18.99**

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