

Health *capsule*

Re-energizing sleep

We spend 25 years of our life sleeping and at least a decade dreaming. During sleep, the brain uses between 80% and 90% of its capacity, while in the waking state that percentage falls to less than 10%.

Sleep is characterized by different phases. Deep sleep, which allows physical renewal, alternates with REM sleep, (dream sleep) for psychic renewal, during which muscle relaxation is total and brain activity is intense.

The majority of the people who suffer from sleep disorders or health disorders related to poor quality of sleep are unaware of their condition. International classification distinguishes six families of sleep disorders:

- Insomnia
- Sleep-related breathing disorders (apnea, snoring)
- Hypersomnias (narcolepsy)
- Parasomnias (somnambulism, nightmare)
- Circadian rhythm sleep disorders (shift work, jet lag)
- Sleep related movement disorders (restless legs syndrome, bruxism).

Sleep hygiene

Sleep hygiene refers to the level of control of the factors likely to influence sleep. It consists of a strategy that helps prevent or minimize sleep difficulties. Here are some useful tips:

- Avoid stimulants such as alcohol and nicotine or intense exercise just before bedtime. Alcohol can cause morning arousals. Intense exercise late at night has a stimulating effect, making it hard to fall asleep. However, regular exercise in the late afternoon or early evening may help you sleep better;
- Keep your room calm, dark and comfortable;
- Plan at least one hour of downtime before bedtime;
- Expose yourself to light during day time because sunlight structure the biological clock;
- Get up at the same time every morning;
- Take a shower or bath before bedtime.

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Sleep advantages

During our sleep, our body secretes a hormone called growth hormone, which slows the aging and has natural restorative capacities. Another advantage of a good sleep is that your body is able to fight viral infections, flu, colds and respiratory infections. All thanks to the increased volume of natural modulators in the immune system.

OSR Medical

Founded in Montreal in 1998, OSR Medical is headquartered in Quebec and provides healthcare services in the field of sleep medicine and sleep disorders. Their Sleep Disorders Centers are located in the regions of Montreal, Laval, Laurentians and Monteregie.

You can visit OSR Medical website at the following address: www.osrmedical.com. Their Centers, directed by two Specialist Doctors: Dr. Marc A. Baltzan, MD, FRCPC, [DABSM](#) et Dr. Paul Verschelden, MD, CRMCC, [DABSM](#), are the only Centers in Quebec accredited by the [American Academy of Sleep Medicine](#) (AASM) www.aasmnet.org and www.sleepcenters.org.



(Sources : www.canoe.com, www.osrmedical.com, www.aasmnet.org, www.sleepcenters.org)

November is CPR Awareness Month

Cardiopulmonary resuscitation (CPR) is an emergency procedure involving chest compressions (pressing down on the chest) and artificial respiration (rescue breathing). It has the power to restore blood flow to someone suffering cardiac arrest, keeping them alive until an ambulance arrives.

Once the heart stops pumping, seconds count. For every minute that passes without help, a person's chance of surviving drops by about 10%. But if you know how to respond to a cardiac arrest, a person's odds of survival and recovery may increase by 30% or more.

Learning CPR is easy and inexpensive – just a few hours could make an important difference in someone's life. To find out more about the different kinds of CPR courses available, please contact your Provincial Heart and Stroke Foundation: 1-800-567-8563.

You can also read the following brochure: [Emergency signs, signals, actions – for life](#).

(Source : www.heartandstroke.qc.ca)



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