

SLEEP DISORDERS

Information Guide

WEBSITES

AMERICAN SLEEP APNEA ASSOCIATION

www.sleepapnea.org

CANADIAN SLEEP SOCIETY

www.css.to

MEDLINEPLUS

www.nlm.nih.gov/medlineplus/sleepdisorders.html

RESTLESS LEG SYNDROME FOUNDATION

www.rls.org

NATIONAL INSTITUTES OF HEALTH

<http://www.nhlbi.nih.gov/health/public/sleep/healthsleepfs.pdf>

NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: askus@kpl.org

WEBSITE: www.kpl.org/ref/healthlink.html

IN PERSON: at any KPL location

COMMUNITY CONTACTS

Visit www.css.to/centers.html for a list of Canadian sleep clinics.

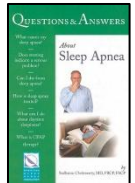
Note: Sleep clinics usually require a doctor's referral before you can book an appointment.

BOOKS

Questions & answers about sleep apnea

Sudhansu Chokroverty 2009

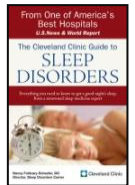
[616.209 Chokr](tel:616209XXXX)



The Cleveland Clinic guide to sleep disorders

Nancy Foldvary-Schaefer 2009

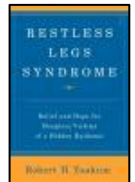
[616.8498 Foldv](tel:6168498XXXX)



Restless legs syndrome : Relief and hope for sleepless victims of a hidden epidemic

Robert Yoakum 2006

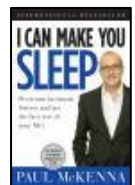
[616.8498 Yoaku](tel:6168498XXXX)



I can make you sleep: Overcome insomnia forever and get the best rest of your life

Paul McKenna 2009

[616.84982 McKen](tel:6168498XXXX)



Quiet your mind and get to sleep: Solutions to insomnia for those with depression, anxiety or chronic pain

Colleen Carney 2009

[616.84982 Carne](tel:6168498XXXX)



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