



Dr Alex Bartle was in General Medical Practice for over 25 years and has a Masters in Sleep Medicine.

After extensive research and special training in sleep medicine overseas, Dr Bartle established the Sleep Well Clinic in Christchurch in 2000. He was soon joined by Dr Sarah Hawkins and a team of clinical and administrative staff. There are now Sleep Well Clinics in Christchurch, Wellington, Auckland, Tauranga and Whangarei.

Dr Bartle is a member of the Australasian Sleep Association, and has been an invited speaker at their international conferences. In 2007 he presented research at the World Federation of Sleep Research 5th International Congress. Dr Bartle is actively involved in developing a Sleep Medicine Education Programme for GP's in Australia and New Zealand, and is the New Zealand representative on the Asia Pacific Paediatric Sleep Association.

Dr Bartle continues to research sleep disorders, and lecture to national and international conferences. He regularly presents seminars to many New Zealand wide organisations. These include: The University of Canterbury, NZ Police Department, NZ Fire Service, NZ Customs Service, NZ Airways Training Centre, NZ Academy of Sport and numerous other commercial twenty-four hour businesses.

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[www.sleepwellclinic.co.nz](http://www.sleepwellclinic.co.nz)



For assessment and treatment of:

**Insomnia**  
**Snoring**  
**Obstructive Sleep Apnoea**  
**Shift Work**  
**Adults & Children**

Contact Sleep Well Clinic

**0800 22 75 33**

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# Sleep Well Clinic

The Sleep Well Clinic doctors offer consultations, sleep tests, and treatment for a wide range of sleep disorders.

## Sleep Disorders

Disorders of sleep can be divided into three broad categories:

1. Insomnia
2. Snoring & Sleep Apnoea
3. Parasomnias

## Insomnia

Over 60% of us suffer from insomnia at some time, about 15% suffer from severe and constant insomnia.

Insomnia includes all who have difficulty initiating or maintaining sleep and includes shift workers and sufferers from jet lag.

Although medication can solve the problem in the short-term, more satisfactory long-term benefits can be obtained by use of several behavioural techniques.

These include:

- ∨ Sleep hygiene
- ∨ Stimulus control therapy
- ∨ Bed restriction therapy

Sleep Well Clinic offers assessment and treatment for insomnia.

## Snoring

Snoring occurs as the unsupported airway at the back of the throat relaxes, becomes narrow and begins to vibrate. As the airway narrows the vibration increases, and the snoring becomes louder. This may be associated with a broad neck, large tongue and enlarged tonsils.

Snoring can significantly affect the sleep of a bed partner. Even when asleep the irritating noise affects their quality of sleep. In addition, the chronic fatigue frequently associated with snoring may have a negative impact on relationships, both at home and at work.

Common complications of problematic snoring:

- ∨ Daytime sleepiness
- ∨ Reduced sexual function
- ∨ Weight gain
- ∨ Frequent toileting at night

## Sleep Apnoea

Some people snore so badly the airway is sucked shut. They continue to sleep even though they are struggling to breathe, but the sleep is extremely disturbed. This can happen hundreds of times a night, and is known as Obstructive Sleep Apnoea.

The consequences of Sleep Apnoea:

- ∨ Hypertension
- ∨ Insulin resistance
- ∨ Heart attack and strokes
- ∨ Road accidents
- ∨ Social consequences

Sleep Well Clinic offers assessment and treatment for snoring and obstructive sleep apnoea.

## Parasomnias

Accurate history and investigation can usually lead to complete resolution of these conditions, including:

- ∨ Restless Leg Syndrome
- ∨ Night terrors
- ∨ Sleepwalking
- ∨ Narcolepsy



## Consequences of Poor Sleep

Lack of sleep can cause:

- ∨ Daytime sleepiness
- ∨ Impaired decision making
- ∨ Susceptibility to illness
- ∨ Poor concentration
- ∨ Lower stress tolerance
- ∨ Decreased libido
- ∨ Increased irritability
- ∨ Increased sensitivity to pain
- ∨ Poor school performance
- ∨ Breakdown of relationships

Lack of sleep has been directly implicated in major disasters such as:

- ∨ The Exxon Valdeze Tanker
- ∨ Challenger Space Shuttle
- ∨ Chernobyl Nuclear Power Plant
- ∨ Bhopal Chemical Spill