

November 07, 2013

RE: Youthdale Child and Adolescent Sleep Centre

The Youthdale Child and Adolescent Sleep Centre is a unique facility that deals with children with all manner of sleep disorders. The objective of the facility is to improve health in terms of sleep and thereby improve academic and other growth performance measures in children and adolescents. In the six years that it has been opened, the facility has had some remarkable successes and in some areas gained an international reputation. It has performed some pioneering research studies, and hopes in the longer term to make a major impact in the area of reducing adolescent suicide particularly in Northern Ontario which has some of the highest rates of suicide in the world.

The current research activities include studies on:

- Impact of sleep deprivation to brain activation during the driving in adolescents and young adults
- Impact of sleep related problems in children with psychiatric disorders
- Impact of traumatic brain injury in children with sleep disorders

We have authored a few new booklets entitled *Insomnia in adults and children (2012)* and *Tourette's with dignity (2013)* as a part of *The Youthdale Series*

From the above, I hope you perceive a broad interest in the wellbeing of citizens of Canada and a desire to make a difference using the medium of a very little understood area, namely sleep problems in children. Sleep problems in adults can have a big impact on quality of life and longevity. In children the ramifications may be much more pronounced.

Please show your generosity and support for our research and clinical endeavours by filling in the enclosed card and mailing it to Youthdale, and join us at the fundraising Art Exhibition, Metro Hall Rotunda from December 13-18, 2013 at 55 John Street, Toronto (near King and University); the exhibition hours are Monday to Friday 7:30 am to 9:30 pm, Saturday and Sunday 8:00 am to 6:00 pm.

Yours faithfully,

Arina Bingeliene

The Art Exhibition committee representative for

Professor Colin Shapiro

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