



MEDIA RELEASE

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Mini Med School delves into the Mysteries of Sleep

Series explores the art, culture and science of sleep with local and international experts

(Vancouver – October 14, 2008) – When is a young child’s interrupted sleep a sleep disorder? What is sleep ecology? Do teenagers in love need less sleep than couples who have been married for decades? These are some of the questions that will be addressed as the mysteries of sleep – from dreams to disturbances and disorders – take centre stage at Mini Med School at the Child & Family Research Institute (CFRI).

Mini Med School is a popular annual series of lectures and interactive sessions about ground-breaking health research. Each session is accessible, interesting and entertaining. Members of the public are invited to attend this year’s event featuring local and international sleep experts in the fields of anthropology, neurology, obstetrics, pediatrics, child psychiatry and psychiatry. (Session descriptions and interview opportunities are included in the attached background).

“Sleep is the key to health. It’s like water, you can’t survive without it,” says Dr. Osman Ipsiroglu, scientific leader of this year’s Mini Med School and an expert on sleep disorders in children. “However culture affects our understanding of sleep and there is still much that remains unknown in the field of sleep research.” Sleep disturbances and disorders have been linked to health problems such as depression, obesity, diabetes, high blood pressure and stroke.

Dr. Ipsiroglu is a clinical associate professor in the Faculty of Medicine at the University of British Columbia and a pediatrician at Sunny Hill Health Centre for Children, an agency of the Provincial Health Services Authority. His research is focused on sleep disorders in children with disabilities.

“Sleep loss is a major public health concern,” explains Dr. Ipsiroglu. “We’ll explore the many factors – cultural and medical – that contribute to healthy sleep and how you should approach it for your children and yourself.”

Mini Med School runs from October 15 to November 26, 2008. It is held on Wednesday evenings, 7 to 9 p.m., at the Chan Centre for Family Health Education at CFRI (950 West 28th Avenue, Vancouver).

CFRI conducts discovery research, clinical investigation, and applied health research to benefit the health of children and families. It is the largest research institute of its kind in Western Canada. CFRI works in close partnership with BC Children’s Hospital and Sunny Hill Health Centre for Children, BC Women’s Hospital & Health Centre, and BC Mental Health & Addiction Services, agencies of the Provincial Health Services Authority; BC Children’s Hospital Foundation; the University of British Columbia. For more information, visit www.cfri.ca.

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