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Gerry Ross
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Q: I cannot sleep at night due to pain; I can manage all my daily activities without a problem but as soon as I lay down, I toss and turn all night. What is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows does; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.

NEWS

Employers don't see changing technology as job-killer: report

GRAEME FRISQUE
gfrisque@metroland.com

A recent survey of employers in Peel and Halton regions found most businesses see rapid technology changes as disruptive, but having little effect on overall employment numbers.

The findings from the Peel Halton Workforce Development Group (PHWDG) are based on responses from almost 700 employers in both Peel and Halton regions. Among those, eight per cent of respondents were businesses with 100 or more employees.

The PHWDG, which describes itself as a "neutral broker of research, disseminator of information and facilitator of collaborative partnership development", released the results of its seventh annual survey last month. According to the report, most employers in Peel and Halton do not foresee

technology affecting the size of their labour forces, so much as the types of skills they are looking for in potential employees.

"While technological change will cause disruptions in the kind of jobs that will be available and in the kind of skills that will be required for work, by an (sic) large employers (we) do not feel it will cause reductions in the level of employment and may well increase employment," concluded the PHWDG.

The report breaks employers down into five categories: Innovators (11 per cent), Early adopters (26 per cent), Early majority (48 per cent), Late majority (10 per cent) and Laggards (five per cent). Forty-seven per cent of all employers felt technology would cause disruptions in their current workforces, but saw no net job losses. Twenty-two per cent believed technology would

lead to an increase in jobs, while 13 per cent felt technology would result in decreased employment.

The findings also indicated 45 per cent of "innovators" saw technology as a boon to employment, while 25 per cent of employers in the retail sector felt technology would result in job losses. Innovators were 58 per cent more likely to report recent job increases.

Two-thirds of employers said they saw no change in the number of jobs due to technological changes over the past 36 months, with 25 per cent reporting job increases. The survey only found seven per cent of employers reporting technology related job losses.

"Those companies that are quicker at embracing technology are not only making earlier use of new technology, they are more likely to adjust their strategies," added the PHWDG.

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