

Ask the Professionals

PHI HEALTH CENTRE



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 down; 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.



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THE CLUB AT NORTH HALTON

TORONTO PEARSON TO TEST UPDATED NIGHTTIME PREFERENTIAL RUNWAY SYSTEM

Toronto Pearson is Canada's busiest airport. We understand that our operations and the growing demand for air travel impact the communities around us. Through our Noise Management Action Plan, we are working with our partners and the community to manage noise impacts.

Toronto Pearson operates around the clock, seven days a week. We know that nighttime noise can be particularly bothersome for some. Between midnight and 6:30 a.m. each night, we prioritize the use of runways so that planes fly over the fewest people. This is called our **Nighttime Preferential Runway System**.

We have had a preferential runway system since the 1970s, but over the last five decades, the communities around the airport have grown, and the airport has too. That's why we undertook technical analysis and consultation to update the **Nighttime Preferential Runway System** to better reflect today's environment.

We will be testing the updated **Nighttime Preferential Runway System** for one year starting February 19, 2019.

TESTING DETAILS

- **DURATION:** Starting February 19, 2019 and continuing for one year
- **TIMES:** Every night, midnight – 6:30 a.m.

LEARN MORE AND HAVE YOUR SAY

- **WEB:** torontopearson.com/preferentialrunways
- **PHONE:** Noise Management Office 416-247-7682
- **EMAIL:** community.engagement@gtaa.com



Toronto Pearson

Contact our Noise Management Office if you have questions about the test or need translation: 416-247-7682 or community.engagement@gtaa.com

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- Per i servizi di traduzione per confermare i dettagli del test o per rispondere alle domande, visitare il sito web: community.engagement@gtaa.com
- Pour obtenir des services de traduction, confirmer des renseignements sur les essais ou répondre à des questions, veuillez communiquer avec : community.engagement@gtaa.com
- 如需要翻譯服務、要確認測試詳細信息或回答問題，則請聯繫 community.engagement@gtaa.com。
- 如需要翻译服务、要确认测试详细信息或回答问题，则请联系 community.engagement@gtaa.com。