

Some info on sleep and its characteristics

Mental Health and You is provided as a service of the North of Superior Community Mental Health Program.

The purpose of these articles is to inform the community about mental health issues.

These articles will now resume to once every two weeks and will cover a variety of mental health issues.

We invite feedback from the community at large by writing the *News* office.

Any opinions expressed are not necessarily those of the management of the North of Superior Community Mental Health Program.

By Hadley Koltun

Sleep

We spend 1/3 of our lives sleeping. Also, we spend 1/3 of our sleep dreaming. However, both sleeping and dreaming remain a mystery.

The next two articles will look at both sleeping and dreaming so that we can make some sense of these two important parts of our lives.

Why we sleep remains a mystery. We know that sleep is important all throughout life to help us to rest. The average amount of sleep is 8 hours per night for an adult.

On the other hand, individuals do vary in the amounts of sleep they need at certain times in their lives. A newborn infant will spend between 14 and 16 hours in sleep. As we get older, we generally need less sleep; in fact, individuals

around the age of 65 years may need only 3 or 4 hours of sleep during the night.

Insomnia- hypersomnia

At certain periods during our lives, we may experience problems with too little sleep (insomnia) or too much sleep (hypersomnia).

Both insomnia and hypersomnia may or may not be a symptom of an ailment. Quite often, insomnia, by itself, may be a problem.

Establishing a regular sleep routine, decreasing your intake of caffeine from coffee and soda pop, warm milk or just relaxing before bedtime may help you to get those Z's.

Even snoring from your spouse can be a cause of insomnia. If symptoms persist after you have taken these steps, it is wise to seek

the advice of a health professional.

The next question is how do we sleep? Research has shown there are two types of sleep; we have periods of sleep with Rapid Eye Movement (REM) and periods of sleep with No Rapid Eye Movement (NREM).

When we sleep, we fall into increasingly deeper sleep during our NREM stages. In between each of the NREM stages, there is a REM stage.

During the NREM stages, our hearts and breathing rate decreases, brain wave activity decreases, and we simply relax.

Sometimes children experience nightmares, which are not dreams. These night terrors occur during the NREM stages and is due to the growth of the central nervous

system inside the child. It is quite natural and normal! The child is unaware of these night terrors because he or she is still in a deep sleep stage.

As I said earlier, in between each of the four stages of NREM is a short period of sleep with Rapid Eye Movement (REM). Even though we are still asleep, many of our physical signs elevate to near awakening levels. It is during this period of time when we are dreaming.

In the next article, I will discuss dreaming and what dreams could mean.

You can contact the Community Mental Health Worker in Terrace Bay at 825-3238 or in Schreiber at 824-2597.

ATTENTION: NON-PROFIT HOUSING ORGANIZATIONS

Create non-profit housing in your community. Applications are due May 15.

Meeting Ontario's housing needs.

As first advertised last January, applications are being accepted for the development of 6,700 new non-profit housing units across Ontario. Construction of these units will begin in 1988.

Interested groups should apply now as the May 15th deadline for preliminary applications is fast approaching.

The Government of Canada through Canada Mortgage and Housing Corporation, and the Province of Ontario through the Ministry of Housing, will be cost-sharing assistance directed to needy households. Market units will be fully funded by the Province of Ontario.

The program is open to all municipal non-profit, private non-profit and non-profit co-operative organizations.

Local community organizations wishing to sponsor non-profit housing projects can apply for government grants to cover the

costs of establishing non-profit housing corporations.

Affordable housing for those in need.

This program helps non-profit agencies to create affordable housing for households in need of housing assistance. These include families, senior citizens or physically, developmentally and psychiatrically handicapped persons able to live independently.

In addition, some of the units will be specifically targeted to low-income singles.

Call now for complete details.

Organizations wishing to sponsor such housing projects must submit their preliminary applications by May 15, 1987.

For more information and application packages, contact your nearest Regional Office of the Ministry of Housing as soon as possible.

Canada

Ontario

Regional Offices of the Ministry of Housing

Southern Office
55 Hess St. S.
Hamilton, Ontario, L8P 4R8
(416) 521-7500
or dial '0' and ask
for Zenith 20450

Eastern Office
1150 Morrison Dr., 2nd Flr.
Ottawa, Ontario, K2H 8S9
(613) 820-8305
or dial toll-free
1-800-267-6108

Northwestern Office
435 James St. S.
Thunder Bay, Ontario, P7C 5G6
(807) 475-1465
or dial toll-free
1-800-465-5015

Southwestern Office
380 Wellington St., Suite 1100
London, Ontario, N6A 5B5
(519) 679-7110
or dial toll-free
1-800-265-4733

Northern Office
1191 Lansing Ave.
Sudbury, Ontario, P3A 4C4
(705) 560-6350
or dial toll-free
1-800-461-1190

Central Office
4950 Yonge St., 4th Flr.
Toronto, Ontario, M2N 6K1
(416) 225-1211
or dial '0' and ask
for Zenith 20450

Take care this summer

Some Ontario residents are seriously injured every year while engaged in common activities such as barbecuing, mowing lawns and yard work. Although the type and severity of the accidents vary, most are caused by carelessness.

It's so easy to become complacent about using propane barbecues and other equipment we handle regularly in our own yards. "Unfortunately, when safety is taken for granted, the results are often tragic," says Monte Kwinter, minister of Consumer and Commercial Relations.

Check propane cylinders

Propane barbecue cylinders should be inspected for dents and corrosion; if damaged they should be looked at by certified dealers.

Check the date stamped on the raised collar. This indicates the manufacture date and the dates of any later inspections.

If more than 10 years have passed since the most recent date, the cylinder is due for inspection or replacement and it cannot be legally refilled.

If you are unsure of the last inspection date take it into a certified propane inspection dealer for a check.

Check for leaks

When attaching a cylinder to a barbecue, be sure the rubber seal is in good condition. Once the cylinder is in place check for leaks by pouring a soap and water solution over all lines and connections.

The appearance of bubbles indicates a leak and the main valve should be shut off immediately. Have an expert repair the leak before using the barbecue.

Read instructions

Always read and follow the manufacturer's instructions carefully. Make sure the burner ports or openings are clean and the burner surface is clear of dirt or dust. Arrange the hose so that it does not come into contact with the hot body of the barbecue.

A common cause of backyard accidents is improper use of fuels. Use only approved containers for gasoline. Don't leave any fuel sitting in the sun.

Store it in a cool place away from the house and any source of ignition.

Never transport fuel in a closed trunk. Explosive fumes could turn the car into a bomb on wheels.

Further information

For further information of backyard safety, contact the Ministry of Consumer and Commercial Relations at (416) 963-1111 collect or your nearest office of the Ministry of Northern Development and Mines at the lower floor Peninsula Building, Box 280, Marathon, Ontario, POT 2E0. For local calls, call 229-1153 or for areas outside of Marathon, ask your operator for Zenith 33160.

Note: For residents of Terrace Bay or Schreiber who find themselves needing assistance from the Northern Affairs Officer, you may book an appointment in Terrace Bay by calling Joan at the recreation centre- 825-3542, or calling Gerri at the township in Schreiber at 824-2711. Appointments can be made every Thursday.