

# Sleep & Fatigue

Optimization, Management and Investigation



## Presented by



- Sleep & Fatigue Specialist - 29 years
- Started in Clinical & Applied Behavioural Sleep Medicine
- Transportation Industry - 19 years
- Recipient of the TSB's Excellence in Investigations Award
- Appeared on respected news programs such as Global TV's 16x9, CBC's News Network, CBC's The National and W5



## Sleep Problem Screening Tool for Adults

<b>Answer Yes or No to the following questions by indicating 1 or 0 in the appropriate column.</b>	<b>Yes (1)</b>	<b>No (0)</b>
Is your Epworth Sleepiness Scale (ESS) 9 or higher?		
Do you gasp, choke or stop breathing during your sleep?		
Do you snore loudly, have high blood pressure or are you overweight?		
Do you feel creepy crawling sensation in your legs when lying down?		
Do you feel tired and sleepy while driving?		
Do your arms or legs jerk or twitch during sleep?		
Do you wake up more than once per night?		
Do you frequently wake up with a headache, sore throat, or feel tired and lethargic after sleeping?		
Do you find it hard to fall asleep 3 or more times per week?		
Do you wake up before your alarm and feel frustrated because you can't get back to sleep?		
Do you have nightmares 1 or more times per week?		
As you fall asleep or wake up do you ever feel paralyzed?		
Do you regularly take something to help you fall asleep? (e.g., OTC, herbal, prescription, alcohol)		
Do you sleep less than 6 hours or more than 9 hours per day?		
<b>Total Yes</b>		



## Should you seek help for your sleep?

Score	What To Do
1 - 2	Speak to your medical doctor about your “Yes” answers on your next visit.
3 - 6	Make an appointment with your medical doctor in the next month to discuss your “Yes” answers.
7 - 14	Make an appointment with your medical doctor within the next week to discuss a referral to a sleep clinic. If your medical doctor does not refer you to a sleep clinic, change doctors immediately and repeat this step.

**Note that the Sleep Problem Screening Tool for Adults is for educational purposes only and cannot diagnose a sleep disorder or replace the services of a qualified health practitioner.**



## THE EPWORTH SLEEPINESS SCALE

**Name:**

**Date:**

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently try to work out how they would have affected you.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would **never** doze
- 1 = **slight chance** of dozing
- 2 = **moderate chance** of dozing
- 3 = **high chance** of dozing

It is important that you answer each question as best you can.

Situation	Chance of Dozing (0-3)
Sitting and reading	
Watching TV	
Sitting, inactive in a public place (e.g. a theatre or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in the traffic	



Check your total score to see how sleepy you are.

### **Operational Scoring Key**

1 - 5 = Congratulations, you are getting enough good quality sleep!

6 - 8 = Your score is average, but you need more and better sleep!

9 and up = Seek the advice of a sleep specialist without delay!

### **Clinical Scoring Key**

0-5 = Lower Normal Daytime Sleepiness

6-10 = Higher Normal Daytime Sleepiness

11-12 = Mild Excessive Daytime Sleepiness

13-15 = Moderate Excessive Daytime Sleepiness

16-24 = Severe Excessive Daytime Sleepiness

**For more information on the Epworth Sleepiness Scale see:**

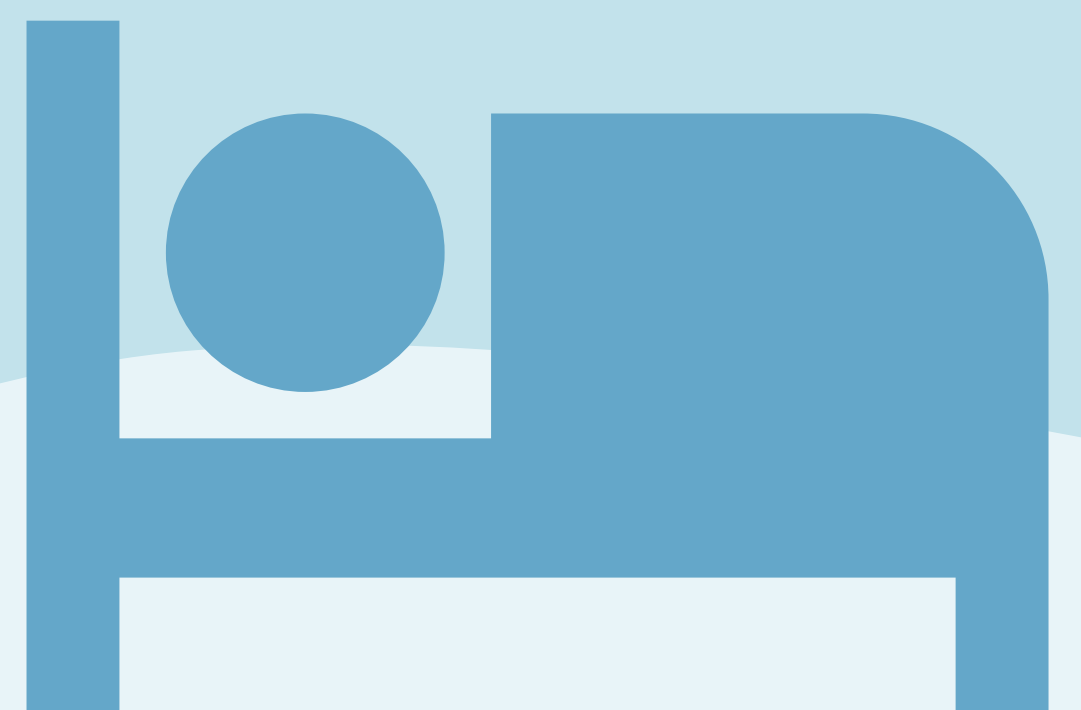
<https://epworthsleepinessscale.com/about-the-ess/>



# SECRETS TO OPTIMAL SLEEP

- 1** Use the bed and bedroom for sleep only. This trains the brain to associate the bedroom with sleep and helps you fall asleep quickly.
- 2** The next step to the sleep of your dreams is to set your wake-up time. Make sure it allows you enough time to eat a wholesome breakfast and get ready for the day without feeling rushed or time-stressed. Get up at that time everyday including weekends no matter what happens during the day or night. Make sure you use an alarm so you don't oversleep.
- 3** Create a relaxing pre-sleep ritual that takes 45 minutes to one hour to perform. The ritual should be a set of routine activities that you can repeat before every sleep period in the same order. For example, eat a light snack, brush your teeth, shower, pick your clothes for the next day, lock the outside door, and then read. Make sure you choose a very relaxing activity to perform at the end of the ritual, like reading. Do not talk on the phone, watch TV, surf the internet, use a tablet or any other technology or review the next day's agenda at any point during your pre-sleep ritual. Continue the last relaxing activity until you feel drowsy.

zzZ





# SECRETS TO OPTIMAL SLEEP

- 4** Count backwards from your wake-up time about 9 hours. Set this time as the beginning of your pre-sleep ritual. Always start your bedtime ritual at this time.
- 5** Wait until you are drowsy before you lay down in bed. Don't force or try to sleep, just let it happen. When you fall asleep quickly, your mind and body learn to associate the bed and the bedroom with sleep and not lying there awake. This means that the last step of your ritual must be completed outside of the bed and preferably bedroom and you must continue it until you feel drowsy.
- 6** When you finally do feel drowsy, crawl into bed, and do so with the intention of falling asleep quickly. Allow sleep to come over you. If you do not feel yourself falling asleep within 10 minutes, get out of bed and return to the last relaxing step of your pre-sleep ritual.
- 7** Continue this relaxing activity outside the bed and bedroom for at least ten minutes, and then see how you feel. If you feel drowsy or sleepy, then return to bed, if not, wait until you do before crawling back into bed.
- 8** Repeat steps 5 to 7 until you fall asleep.





# SECRETS TO OPTIMAL SLEEP

- 9 When you can't fall back to sleep in the middle of the night or early in the morning, get out of bed and repeat steps 5 to 7.
- 10 Remove the stress of your bedroom clock by putting it in a drawer so you can still hear the alarm but you cannot see the time. Clocks create too much time pressure.
- 11 Within 30 minutes of waking up, expose your eyes to bright light from indirect sunlight or from a bright light therapy unit for 30 to 45 minutes.
- 12 During the day, do not nap or lie down at all unless you are taking a safety nap.
- 13 Here's a hard one, remove all caffeine from your regular diet. This includes chocolate! If you can't, then refrain from consuming anything containing caffeine after 11:00 am or 3 hours after waking up. Caffeine should only be used as a fatigue countermeasure or personal fatigue prevention strategy.





# SECRETS TO OPTIMAL SLEEP

- 14** Do not drink alcohol within 4 hours of your pre-sleep ritual.
- 15** If you smoke, of course you should quit. If this is not possible, then refrain from smoking 4 hours before your pre-sleep ritual. Do not smoke in the middle of the night if you wake up and can't get back to sleep.
- 16** Exercise regularly; make sure you have finished your exercise at least three hours before your pre-sleep ritual.
- 17** Make sure your bedroom is conducive to sleep. This means it should be very dark, quiet and between 17 - 22°C with humidity between 30 & 50%.





# **Stop Snoring Tonight!**

Read how in the next pages and then visit:

[http://sleepanddreams.com/?page\\_id=17](http://sleepanddreams.com/?page_id=17)



Science-based investigation and management of fatigue for the transportation industry.

Science-based investigation and management of fatigue for the transportation industry.



## KEYNOTES

## E-LEARNING

TRAINING 

## CONSULTING

SHOP 

ABOUT ▾

BLOG &amp; RESOURCES ▾

## CONTACT

## FREE MONTHLY FATIGUE FACTS

## Is Snoring driving you (or your bedmate) Crazy?



**Snoring Relief  
For A Great  
Night's Sleep**

The snoring mouthpiece  
that **STOPS** snoring

✓ [TELL ME MORE](#)

You endure the nightly awakenings until the frustration with your bed-partner and fatigue become too much. The lover's quarrels increase and the emotional gap between you widens. In one last attempt to fix the problem, you start to sleep in separate bedrooms. You find that sleeping separately helps for a little while, but the loss of intimacy makes you feel worried, alone, and stressed while lying in bed unable to sleep. Without the restorative power of sleep, relationship difficulties are more difficult to ignore and the downward spiral continues. ***BUT NOW, EVERY NIGHT, COUPLES JUST LIKE YOU ARE BEING REUNITED!***

**10**           **11**       **12**       **13**       **14**       **15**       **16**       **17**       **18**



***If your relationship could use more intimacy, then I have the solution.***

- Feel Closer to Your Lover
- Share More Intimate Time
- Sleep More Deeply
- Sleep through the Whole Night
- Wake up Feeling Refreshed



## ***What if I am the Snorer?***

If you are the Snorer, then I congratulate you! This is a great way to improve your life. Contrary to common belief, **snoring is not normal**. If you are snoring, it means that you are not breathing properly. The air is being restricted by the soft tissue, tonsils, adenoids and uvula in your upper airway. As the air passes by these structures it vibrates the tissue and causes the snoring sounds. If you are not breathing properly, it can have long term health effects. Take the first step towards better health today and try out the **SnorBan Anti-Snoring Mouthpiece. Risk Free!**

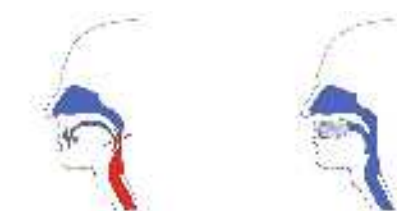
## ***The SOLUTION: The SnorBan Anti-Snoring Mouthpiece***

I'd like to share the **Snoring Solution** with you because I believe that too many people are unnecessarily suffering from snoring. I'm doing it because it makes me feel good to help people get a **great night's sleep** with this quick and easy solution. This is not a hard sell technique to get you to buy a product that doesn't even work. **I stand behind this simple solution 100%**. I'm going to share the information and you can decide on your own if it is right for you. This solution:

- Is Guaranteed to Help
- Will Reduce your Awakenings
- Help you Sleep Longer
- Help you Wake up Feeling Refreshed, and
- Will Energize your Day!

## ***Here's how it works:***

The SnorBan Anti-Snoring Mouthpiece gently keeps your mouth in the right position to prevent the soft tissue in your upper airway from vibrating. Your breathing becomes normal again and your snoring problem will be a thing of the past. All you need to do is **comfortably form fit the mouthpiece once** and wear it while you sleep. Snoring will be gone for good and you will start to **enjoy the benefits** of normal breathing and a **restful sleep**.



How SnorBan Works: Left image is with no mouthpiece and a restricted airway; right image is with SnorBan and a nice open airway with no snoring!

Here is what you get with your SnorBan Kit:

These are images of the kit that you will receive and a fitted mouthpiece. The fitting only takes a few minutes and is explained on the easy instruction sheet.

## ***Clinically PROVEN Technology***

The technology behind the SnorBan Anti-Snoring Mouthpiece was independently validated through recent clinical studies and published in respected research journals such as:

- *Sleep Breathing*
- *Sleep Medicine Reviews*

What's Included In Your Order

[Check out these research papers on the SnorBan Web site](#)





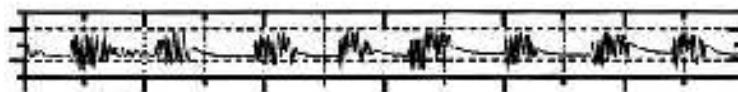
Here's what the American Sleep Disorders Association said in their published review\* of many clinical studies of anti-snoring mouthpieces:

1. "Snoring is improved and often eliminated in almost all patients who use oral appliances."
2. "All published clinical studies in which snoring was assessed, representing a variety of oral devices, show improvement in a high proportion of users."
3. "Objective observations support the consistent improvement reported by users and bed partners."
4. "Most users report an improvement in

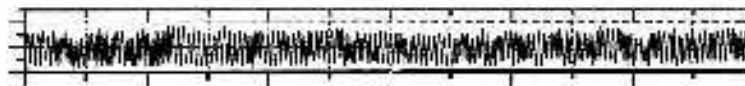
daytime sleepiness."

*\*An American Sleep Disorders Assoc. Review: Wolfgang Schmidt-Norwara et al. (1995) Oral Appliances for the Treatment of Snoring and Obstructive Sleep Apnea: A Review. Sleep, 18(6), 501-510.*

The figures below show how **snoring stopped** for one **recent user** of the SnorBan. A person's breathing pattern can be recorded using a small temperature sensor placed in front of the mouth and connected to a computer. When snoring occurs, the signal from the sensor is disrupted and results in a flat line on the computer display. When a person wears SnorBan the signal is not disrupted by snoring and the line does not go flat.



BEFORE: Without SnorBan – Flat Lines Indicate Snoring



AFTER: With the SnorBan – Normal Breathing is Restored and Snoring is Gone!

***You too can EXPECT these RESULTS!***

***Read what HAPPY CLIENTS have said:***

"I just wanted to give a testimonial to the **wonderful effect** SnorBan has had on my life. I had never snored until I reached my late thirties but then the snoring went from a light snore while on my back to a terribly loud chain-saw in just a couple of years. It was obvious that my body was not getting proper rest since I would wake up in the morning being just as tired as when I went to bed. My wife was also concerned. The final straw came when a group of men and I were on a hunting trip. They declared that I snored so loud that I may be the next thing shot if I didn't shut up. A few weeks after that I was in a store and happened upon The SnorBan Anti-Snoring

Mouthpiece. I read the claims and testimonials on the box and decided to give it a try. Besides, the price was right and I had absolutely nothing to lose. I **noticed a difference after the first night of use**. For the first time in years I awoke feeling rested and refreshed. To



top it off, my wife said I hadn't snored at all. I haven't been without SnorBan since that time. I just want to thank you for a product that actually works. SnorBan has probably **saved my life**. Thanks again!"

**-David M.**

"I was so embarrassed when I was asked to leave the Bed & Breakfast Inn on my European vacation. Now that I don't snore I can go back with **confidence**."

**-Kay M.**

"The SnorBan Anti-Snoring Mouthpiece brought us together in the bedroom. It's nice to **live normally** again."

**-Jill K.**

"I can go camping again with my kids and not have to sleep outside the camp."

**-Dick M.**

"Now that I don't snore I am no longer the brunt of cruel jokes about my snoring."

**-Dan W.**

"I've finally found a simple solution to the agony of snoring."

**-Gary K.**

"Just wanted to drop a line to **thank you** (actually my wife really thanks you!). I was ready to try surgery (at a cost of over \$2,000) when I came across an ad for a custom mouthpiece. The cost was \$895.00. That was cheaper than an operation, and I was close to buying it when I checked out your Web site and saw that you sold your product at a fraction of what I would have paid. I received it quickly and the **snoring stopped at once**. My wife was delirious at getting her first full night's sleep in months. Thanks again for keeping my wife and I in the same bedroom."

**-Michael C.**

## ***Why I RECOMMEND SnorBan***

1. Surgical techniques to stop snoring use scalpels or lasers and are very painful. They are also permanent, once the tissue has been removed you can never get it back. What happens if scientists discover that we actually need this soft tissue to fight infections for example? These techniques are also very expensive and in many cases they don't produce permanent results; 80% of the time they don't work. **The Snorban Anti-Snoring Mouthpiece is comfortable and it works!**
2. Somnoplasty, using high frequency radio waves to shrink the tissue, is also painful and expensive. Most of the time the tissue grows back to its normal size and the procedure must be repeated. **The SnorBan Anti-Snoring Mouthpiece is fitted once and snoring is gone for good!**
3. The electronic noise sensor that straps to your wrist and gives you a shock to continuously wake you up when you snore only make you more sleepy during the day. Can you imagine waking up every five minutes all night long? **The SnorBan Anti-Snoring Mouthpiece will give you more energy!**
4. Custom fitted mouthpieces that dentists supply are less comfortable, cost at least \$500.00 and most dental plans don't cover the treatment. **The SnorBan Anti-Snoring Mouthpiece is very affordable!**
5. If you try these other methods and they don't work it means you've wasted \$1,000's, experienced a lot of pain, and only become more tired during the day for nothing. You will have to start your search for a solution all over. **The SnorBan Anti-Snoring Mouthpiece is your best choice!**

## ***SnorBan is BETTER than all these methods because it is:***

- Comfortable
- Easy to Fit
- Easy to Wear
- Non-intrusive
- Less Expensive than all other Methods, and



- **Best of All, I Guarantee it will Work!**

## ***Limited Time Offer!***

As one of Canada's Top Sleep & Fatigue Specialists, I have a great reputation that I want to preserve. I stand behind SnorBan 100% and I have been recommending it for over 20 years!

**If you order using my special time limited code "CM2022", you will get 15% off the already low price of \$49.95 USD!**

***Before you order, take this simple 15 second test:***

1. Do you have TMJ (Temporo-Mandibular Joint pain)?
2. Are you getting a good night's sleep?
3. Do you have trouble breathing through your nose when lying down?
4. Do you wear full dentures?
5. Do you have an excessive overbite?
6. Do you have sleep apnea? (You may need an overnight sleep study to determine this.)
7. Do you want to pay a lot of money to stop snoring?

***If you answered "No" to all seven questions, then the SnorBan Anti-Snoring Mouthpiece is for you!***

**Just imagine what it would be like to sleep without ever being jarred awake by snoring again and to FEEL GREAT ALL DAY. Bye bye sleepiness, hello life!**

**All for only \$49.95 USD!**



REMEMBER TO INPUT MY  
SPECIAL CODE "CM2022"  
ON THE SHOPPING CART  
PAGE TO SAVE 15%!!!

## ***One Last Note***

The tag line I sometimes use is "Helping you get the Sleep you Need and the Dreams you Desire". I know it sounds a little corny, but I am committed to this statement. If you answered "Yes" to one of the five questions above, have been diagnosed with apnea, or did not find the sleep information you were looking for, I'd still like to help you.

[Send me a quick note](#) and I will try my best to help you out.

*Sleep well soon,*



Clint




Clinton Marquardt

Sleep & Fatigue Specialist

#### ARTICLE CATEGORIES

24/7 Lifestyle Management  
Dream-like Experiences  
Dreaming  
FRMS  
Jet-Lag

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#### SOCIAL MEDIA

 [in](#)



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## Clinton's Recommendations for Sleep & Fatigue Products

Blue light blocking glasses:

[\*https://amzn.to/38gGGel\*](https://amzn.to/38gGGel)

Eye mask:

[\*https://amzn.to/3Lett4M\*](https://amzn.to/3Lett4M)

Ear plugs:

[\*https://amzn.to/3vlpS8m\*](https://amzn.to/3vlpS8m)

Sound generator:

[\*https://amzn.to/3KdoNuG\*](https://amzn.to/3KdoNuG)

Water Vaporizer:

[\*https://amzn.to/3EJNNZI\*](https://amzn.to/3EJNNZI)

Awake Chocolate:

[\*https://amzn.to/39floxx\*](https://amzn.to/39floxx)

Chew Pods Gum:

[\*https://amzn.to/3Kdyycd\*](https://amzn.to/3Kdyycd)

Other Recommended Sleep Products:

[\*https://sleepanddreams.com/?page\\_id=6063\*](https://sleepanddreams.com/?page_id=6063)