

## Research Study: SPORTS

### Sleep Apnea in Paralympic Ontario-Resident ATletes with Spinal Cord Injury

#### Participate In



- A research study for para-athletes living with spinal cord injury that provides home-based sleep testing device to screen for sleep apnea and CPAP therapy if diagnosed with moderate-to-severe sleep apnea.
- The aim of the study is to investigate the effects of sleep apnea on memory, mental health, and sports performance in para-athletes and how CPAP therapy can improve these aspects and overall quality of life.

#### To Participate You Must



- Have chronic, cervical or thoracic spinal cord injury
- Play a wheelchair sport at a high-performance level
- Previously not diagnosed and treated for sleep apnea prior to the injury.
- English-speaking adults 18 years of age or older
- At least 6 months after injury

#### Participation Involves 5 visits



- Recruitment & Initial assessment
- Screening for sleep apnea using home-based sleep test device
- If diagnosed with moderate-to-severe sleep apnea: pre-sports performance test, followed by 4 months of CPAP therapy.
- Final assessment and post-sports performance test (after 4-months of CPAP therapy)

If you or anyone you know might be interested in participating, please contact us for more information. Please note that communication via e-mail is not absolutely secure. Thus, please do not communicate personal sensitive information via e-mail.

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