

A WARM WELCOME

SleepdB 2019

Hello reader! A Happy New Year to you. No doubt 2018 was amazing at SleepdB. Started off with wins at the Toronto Rehab (TRI) Research Day and capped it off with our very own Lead Scientist at SleepdB Lab, Dr. Azadeh Yadollahi featured in the "TRI Research Features 2018". And of course major wins in-between.

2019 is here, and we are super excited to bring you more frequent updates on happenings at SleepdB Lab. Just a friendly reminder, SleepdB stands for **S**ound-proof **l**aboratory to **e**xamine **s**leep-disordered **b**reathing. It is definitely sound-proof (if you don't believe me, schedule some nap time).

Our lab is the first lab in the world dedicated to understanding the mechanisms of airway narrowing during sleep. We also work to develop acoustic technologies to improve sleep-related respiratory disorders. For more information about the lab, visit sleepdb.ca

So, this year, we look forward to engaging you in our research, innovations, events, awards and more. Also follow us on Twitter (@SleepdB_Lab) for more interactive engagement. Here's cheers to a healthier, improved, innovative, award-winning, fun and productive 2019. Finally, how about this year we push for nap pods at the SleepdB Lab. What other better way to promote healthy sleeping habits, right?

