



Dr Bartle has been a General Medical Practitioner for 30 years and has a Masters degree in Sleep Medicine.

After extensive research and special training in sleep

medicine overseas, Dr Bartle established the Sleep Well Clinic in 2000. He was soon joined by Assoc. Prof Dr Lutz Beckert and Alex Mortlock, Clinical Psychologist. There are now Sleep Well Clinics in Christchurch, Wellington, Auckland, Hamilton, Tauranga, Whangarei, Nelson, Dunedin and Invercargill.

Dr Bartle is a member of the Australasian Sleep Association, and has been an invited speaker at many international conferences. In 2007 he presented research at the World Federation of Sleep Research 5th International Congress. Dr Bartle is actively involved in developing a Sleep Medicine education programme for GPs in Australia and New Zealand, and is the New Zealand representative on the Asia Pacific Paediatric Sleep Association.

Dr Bartle continues to research sleep disorders, lecture to national and international conferences and publish on sleep issues. He regularly presents seminars to many New Zealand organisations. These include Canterbury University, New Zealand Police Department, New Zealand Fire Service, New Zealand Customs Service, New Zealand Airways Training Centre and numerous other commercial twenty-four hour businesses.

Dr Bartle offers workshops, presentations, and seminars covering a range of sleep topics to groups throughout New Zealand.

Call 0800 22 75 33
to contact one of
our many locations
across New Zealand

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Auckland
Hamilton
Tauranga
Nelson
Wellington
Christchurch
Dunedin
Invercargill

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www.sleepwellclinic.co.nz



For assessment and treatment
of Sleep Disorders:

Child & Adolescent

Sleep Difficulties

Snoring

Sleep Apnoea

Insomnia

Shift Work

Restless Leg Syndrome

Parasomnias



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Sleep Well Clinic

The Sleep Well Clinic doctors offer consultations, sleep tests, and treatment for a wide range of sleep disorders.



Sleep Disorders

Disorders of sleep can be divided into three broad categories:

1. Insomnia
2. Snoring and Sleep Apnoea
3. Parasomnias

Insomnia

Over 60% of us suffer from insomnia at some time; about 15% suffer from severe and long term insomnia.

Insomnia includes those who have difficulty with inducing or maintaining sleep, as well as shift workers and sufferers from jet lag.

Although medication can solve the problem in the short-term, more satisfactory long-term benefits can be obtained by use of several behavioural techniques.

These include:

- Sleep hygiene
- Stimulus control therapy
- Bed restriction therapy

Sleep Well Clinic offers assessment and treatment for insomnia.

Snoring

Snoring occurs when the airway is narrow enough that the flow of air causes the airway to vibrate during sleep. With some people, the noise is loud enough to be heard through the entire house.

Snoring is a shared problem. Sometimes irritability and bad temper arising from the chronic fatigue experienced by many snorers can have an impact on relationships. Additionally, people who share a bed with a snorer can become short-tempered and frustrated with having their bed-partner snoring away beside them.

Common complications of Problematic Snoring:

- Daytime sleepiness
- Reduced sexual function
- Weight gain
- Frequent toileting at night

Sleep Apnoea

Some people snore so badly that the airway is sucked shut. They continue to sleep even though they are struggling to breathe, but the sleep is extremely disturbed. This can happen hundreds of times a night, and is known as Obstructive Sleep Apnoea.

Common complications of Obstructive Sleep Apnoea:

- Hypertension
- Insulin resistance
- Heart attack and strokes
- Road accidents
- Social consequences

Sleep Well Clinic offers assessment and treatment for snoring and obstructive sleep apnoea.

Parasomnias

Accurate history and investigation can usually lead to complete resolution of these conditions, including:

- Restless Leg Syndrome
- Night Terrors
- Sleepwalking
- Narcolepsy

Children & Adolescents

Inadequate sleep can impact significantly on physical and mental growth, and development. Sleep difficulties are common and with guidance can usually be resolved.

Consequences of Poor Sleep

Lack of sleep can cause:

- Daytime sleepiness
- Impaired decision making
- Susceptibility to illness
- Poor concentration
- Lower stress tolerance
- Decreased libido
- Increased irritability
- Increased sensitivity to pain
- Poor school/work performance
- Breakdown of relationships

Lack of sleep has been directly implicated in major disasters such as:

- Chernobyl nuclear power plant
- The Exxon Valdez tanker
- Challenger space shuttle