

FUTURE SUPERHOSPITAL SITE SCRUBBED CLEAN

Decontamination operation a success at former rail yard in N.D.G., A7

DOMI SKATES AWAY FROM WIFE, A4



The Gazette

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PERCHANCE to SLEEP

Beware of pills,
doctors caution

PEGGY CURRAN
THE GAZETTE

On mornings after a particularly brutal night, L. puts in a call to her supplier—another pillar of her community, a responsible grandmother with a stash of sleeping pills in her purse.

L. doesn't have insomnia, but sleep apnea. She seems to sleep well, but wakes feeling drowsy. The idea of having to wear a mask to bed freaks her out. Instead, she sneaks the occasional "dottie" to ease her toward oblivion, although her apnea will persist despite the drug-induced haze.

For those who can't persuade their doctor to fill out a prescription for sedatives, the shelves of every pharmacy and grocery store are stocked with remedies that promise liftoff to the sea of tranquility, comfort at night and joy in the morning.

The quest for a good night's sleep is a multibillion-dollar business, lining the pockets of mattress manufacturers and aromatherapists, fueling sales of herbal teas, vertical blinds and 400-thread count Egyptian cotton sheets.

Sales of both prescription and over-the-counter sleep aids are soaring, with a sharp spike in new markets. While seniors remain the largest consumers of sleeping tablets, there's growing evidence that children, young adults, and women of all ages are increasingly reliant on pharmaceutical solutions.

Last year, druggists in the United States filled 43 million prescriptions for sleeping potions, a 32-per-cent hike since 2001. In Canada, retail sales of sleeping and anti-anxiety products topped \$19 million in 2005, a record buoyed by weary women and wired kids.

The trend troubles physicians. Side effects from sedative medications like benzodiazepine, diphenhydramine and doxylamine can include confusion, aggression, hallucinations, parasomnias such as sleep-eating and sleep-driving, and rebound insomnia.

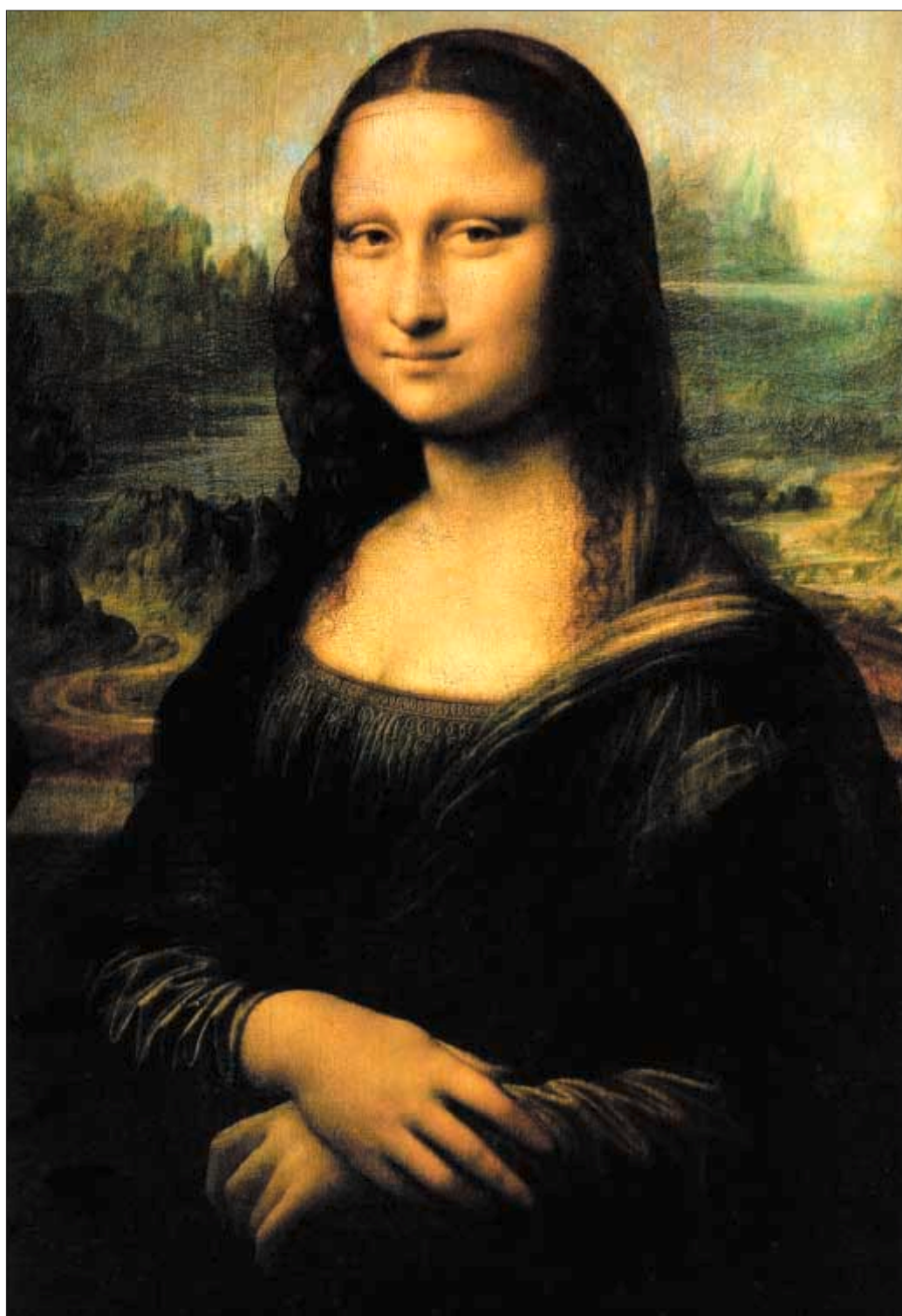
"What the pharmaceutical companies are trying to produce is a drug that will put you to sleep. But it doesn't just put you to sleep. Those drugs have other effects, some of which are fairly deleterious," cautions neuroscientist Barbara Jones.

Please see INSOMNIA, Page A9
Advice for the sleepless, Page A9
Home test for apnea, Page B4

ILLUSTRATION ANIK GAGNON

BORDER FEARS LIFTING

A SECRET REVEALED



CANWEST

3-D imaging of Mona Lisa's dress has uncovered a veil-like cloth under dark varnish that is believed to be a garment worn in Renaissance Italy by women who had recently given birth.

Mona Lisa probably a new mom

Canadian technology offers high-tech peek

PAUL GESSELL
CANWEST NEWS SERVICE

OTTAWA — Scientists did an autopsy on the Mona Lisa and discovered the woman with the enigmatic smile probably had a baby just before being

painted 500 years ago by Leonardo da Vinci.

This conclusion was reached through 3-D imaging technology pioneered by Canada's National Research Council. Consider this form of forensic examination a high-

tech version of Superman's X-ray vision.

The NRC study discovered, under dark varnish, a previously unseen gauzy, veil-like cloth hanging from the bodice of Mona Lisa's dress. Such a garment was common in Renaissance Italy for women who had recently given birth.

Please see MONA LISA, Page A2

PASSPORTS

Proposed delay
by Congress
could signify
key victory
for Harper

SHELDON ALBERTS
CANWEST NEWS SERVICE

WASHINGTON — Congress took a major step yesterday toward delaying controversial travel rules that will require Canadians to carry a passport or equivalent document when entering the United States across land and maritime borders.

With fears mounting that the rules will cripple cross-border trade and devastate border communities, negotiators from the Senate and House of Representatives cut a deal to postpone the plan by 17 months — from Jan. 1, 2008, until June 1, 2009.

The proposed delay would not apply to Canadians travelling to the States by airplane. Those will be required to have a passport as of Jan. 7, 2007.

The move, subject to final ratification, marks a potentially significant victory for Prime Minister Stephen Harper.

Last week, he warned that the Western Hemisphere Travel Initiative "threatens to divide" Canada and the U.S. just as bilateral relations were on the mend.

Please see BORDER, Page A4

Dawson survivor dares PM

RENÉ BRUEMMER
THE GAZETTE

He's 17, he was shot in the back of the head and he wants to debate Prime Minister Stephen Harper on gun control.

As one of the first targets of Kimveer Gill's rampage at Dawson College on Sept. 13, Hayder Kadhim figures he has earned the right.

"I hope that as a victim, I will be able to get in touch with the prime minister and really be able to touch him and hopefully change his ideas," Kadhim said yesterday.

Please see SHOT, Page A6

IN FOCUS

Mozart opera silenced

Berlin opera company won't revive production of Mozart's Idomeneo for fear of inciting Islamic extremists over a scene showing Mohammed's severed head. **Page A17**

Gaz Métro rates jump

Quebec's energy regulator approves a 5.35-per-cent rate increase for many Gaz Métro services, effective Sunday. **Page B1**

Impact star might exit

Greg Sutton, Montreal Impact's star goalkeeper, might have played his last game for the team as Toronto's new Major League Soccer franchise beckons. **Page C1**



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88¢ Beyond metro
area: \$1.10
Quebec City region: \$1.32



QUOTE OF THE DAY

"Wrinkles should merely indicate where smiles have been."

MARK TWAIN

WEATHER

Mainly sunny

High 21° Low 14° Page D8

IT'S ALL ABOUT PERSONAL STYLE
NEW JETTA ACCESSORIES
RED STRIPE FRONT GRILL AND TRIM
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