

SLEEPING DISORDE



What Happens during sleep?

When you sleep, your body rests and restores its energy levels. However, sleep is an active state that affects both your physical and mental well-being. A good night's sleep is often the best way to help you cope with stress, solve problems, or recover from illness.

Sleep is prompted by natural cycles of activity in the brain and consists of two basic states: rapid eye movement (REM) sleep and non-rapid eye movement (NREM) sleep, which consists of Stages 1 through 4.

- During sleep, the body cycles between non-REM and REM sleep.



How Much Sleep Do You Need?

The amount of sleep a person needs depends on the individual. The need for sleep depends on various factors, one of which is age. Infants usually require about 16-18 hours of sleep per day, while teenagers need about 9 hours per day on average. Most adults need about 7-8 hours of sleep per day. The amount of sleep a person needs also increases if he or she has been deprived of sleep. People do not seem to adapt to getting less sleep than they need.



What Are the Consequences of Too Little Sleep?

- Too little sleep may cause:
- Impaired memory and thought processes.
- Depression.
- Decreased immune response.



What Are Sleep Disorders?

- Sleep can be divided into two types: rapid eye movement (REM) sleep and non-REM (NREM) sleep. NREM sleep has four stages of increasingly deep sleep. Stage 1 sleep is the lightest, while stage 4 is the deepest.
- During normal sleep, you cycle through these types and stages of sleep. But if your sleep is repeatedly interrupted and you cannot cycle normally through REM and NREM sleep, you may feel tired, fatigued, and have trouble concentrating and paying attention while awake.
- If you have trouble getting to sleep or sleeping through the night, if you wake up too early or have a hard time waking up at all, or if you are overly tired during the day, you may have one of the following sleep problems:



Circadian Rhythm Disorders

Typically, people sleep at night due to the close interaction between our natural sleep and alertness rhythms, which are driven by an internal "clock." This clock is a small part of the brain. Light and exercise "reset" the clock and can move it forward or backward. Circadian rhythm disorders include jet lag, adjustments to shift work, delayed sleep phase syndrome (you fall asleep and wake up too late), and advanced sleep phase syndrome (you fall asleep and wake up too early).



Insomnia

- People who have insomnia don't feel as if they get enough sleep at night. They may have trouble falling asleep or may wake up frequently during the night or early in the morning. Insomnia is a problem if it affects your daytime activities. Insomnia has many possible causes, including stress, anxiety, depression, poor sleep habits, circadian rhythm disorders (such as jet lag), and taking certain medications.



Snoring

- Snoring is produced when the air you inhale rattles over the relaxed tissues of the throat. Snoring can be a problem simply because of the noise it causes. It may also be a marker of a more serious sleep problem called sleep apnea.



Sleep Apnea

- Sleep apnea occurs when the upper airway becomes completely or partially blocked, interrupting regular breathing for short periods of time - which then wakes you up. It can cause severe daytime sleepiness. When you fall asleep, many muscles in your body relax. If the muscles in your throat relax too much, your breathing may be blocked and you may snore. Sometimes, snoring is caused by allergies, asthma, or nasal deformities that make breathing difficult.



Pregnancy and Sleep

- Women often experience sleepless nights and daytime fatigue in the first and third trimesters of their pregnancy. During the first trimester, frequent trips to the bathroom and morning sickness may disrupt sleep. Later in pregnancy, vivid dreams and physical discomfort may prevent deep sleep.



Narcolepsy

- Narcolepsy is a brain disorder that causes excessive daytime sleepiness. Though dramatic and uncontrolled "sleep attacks" have been the best-known feature of narcolepsy, in reality many patients do not have sleep attacks. Instead, they experience constant sleepiness during the day.



Restless Leg Syndrome

In people who have restless leg syndrome, discomfort in the legs and feet peaks during the evening .They feel an urge to move their legs and feet to get temporary relief, often with excessive, rhythmic, or cyclic leg movements during sleep. This can delay sleep onset and cause brief awakening during sleep.



Restless leg syndrome is a common problem among middle-aged and older adults. The possible causes of restless leg syndrome, including kidney failure, nerve disorders, vitamin and iron deficiencies, pregnancy, and some medications (such as antidepressants) and possible genetic component.

- **Nightmares**

Nightmares are frightening dreams that arise during REM sleep. They can be caused by stress, anxiety, and drugs. Often, there is no clear cause.



Night Terrors and Sleepwalking

- Both night terrors and sleepwalking arise during NREM sleep and occur most often in children between the ages of 3 and 5. A night terror can be dramatic. Night terrors are often more frightening for parents than for their child. Sleepwalkers can perform a range of activities -- some potentially dangerous, like leaving the house - while they continue to sleep. Night terrors are most common in children but can affect adults who are experiencing emotional or psychological p



What other factors affect Sleep?

- **Young age.** Infants may sleep up to 16 hours a day. But most won't sleep through the night without a feeding until 4 months of age. School-aged children may sleep 10 hours a day. Their sleep may be disturbed by an illness or fever.
- **Old age.** People over 60 may not sleep as deeply as younger people. Sleep apnea is more common among older people.
- **Lifestyle.** People who drink coffee, smoke cigarettes, or drink alcohol are more likely to have sleep problems than people who do not.



What other factors affect Sleep?

- **Medication.** Many medications can cause sleeplessness. Others can cause daytime fatigue.
- **Depression and anxiety.** Depression and anxiety often cause insomnia.
- **Heart failure and lung problems.** Some people find it difficult to sleep at night because they become breathless when they lie down. This can be a symptom of heart failure or a problem with the lungs.



How can we do to Sleep Better?

- From having occasional difficulty sleeping to insomnia, there is a lot you can do to get a better night's sleep, feel refreshed when you awake, and remain alert throughout the day. It's called "sleep hygiene" and refers to those practices, habits, and environmental factors that are critically important for sound sleep. And most of it is under your control.
- There are four general areas important to sleep hygiene:
 - Our circadian rhythm, or 24-hour cycle
 - Aging
 - Psychological stressors -- those factors can cause difficulty falling asleep and disturb the quality of your sleep
 - Common social or recreational drugs like nicotine, caffeine, and alcohol



Circadian Rhythm

We all have a day-night cycle of about 24 hours called the circadian rhythm. It greatly influences when we sleep and the quantity and the quality of our sleep. The more stable and consistent our circadian rhythm is, the better our sleep.

Aging

Aging also plays a role in sleep and sleep hygiene. After the age of 40 our sleep patterns change and we have many more nocturnal awakenings than in our younger years.



Recreational drugs

Caffeine: It can stay in the body system for as long as 14 hours, increases the number of times you awaken at night and decreases the total amount of sleep time. This may subsequently affect daytime anxiety and performance.

Nicotine: The effects of nicotine are similar to those of caffeine, with a difference being that at low doses, nicotine tends to act as a sedative, while at high doses it causes arousals during sleep.

Alcohol may initially sedate you, making it easier to fall asleep; however, as it is metabolized and cleared from your system during sleep, it causes arousals that can last as long as two to three hours after it has been eliminated. These arousals disturb sleep, often causing intense dreaming, sweating, and headache.



What is Good Sleep Hygiene?

Good sleep hygiene" refers to practices you can follow to help ensure adequate, quality sleep. This includes the following:

Stick to a regular bedtime schedule. Try to get out of bed at the same time each morning, even if it's a weekend or holiday.

Avoid napping during the day.

Avoid stressful activities and vigorous exercise for two hours before going to bed. Do exercise regularly, but earlier in the day.

Before going to bed, try relaxation techniques, such as deep breathing, yoga, or meditation.



Make sure your bedroom is dark, quiet, and cool. Use earplugs or eye shades if needed.

Leave the bedroom if you can't sleep. Go into another room and read, or do something relaxing and quiet.

Avoid substances that contain caffeine, such as coffee, tea, soft drinks, or diet pills.

Avoid alcohol and nicotine before bed.

Snoring

If your snoring is light, try these self-care techniques:

Sleep on your side.

Avoid alcohol, and don't smoke.

sleeping pills and other sedatives.



Sleep Hygiene Tips:

1. Avoid watching TV, eating, and discussing emotional issues in bed. The bed should be used for sleep and sex only.
2. Minimize noise, light, and temperature extremes during sleep with ear plugs, window blinds, or an electric blanket or air conditioner. Even the slightest nighttime noises or luminescent lights can disrupt the quality of your sleep. Try to keep your bedroom at a comfortable temperature -- not too hot or too cold.
3. Try not to drink fluids after 8 p.m. This may reduce awakenings due to urination.
4. Avoid naps, but if you do nap, make it no more than about 25 minutes about eight hours after you awake. But if you have problems falling asleep, then no naps for you



- 5. Do not expose your self to bright light if you need to get up at night. Use a small night-light instead.
- 6. A light snack may be sleep-inducing, but a heavy meal too close to bedtime interferes with sleep.
- 7. Do not exercise vigorously just before bed, if you are the type of person who is aroused by exercise. If this is the case, it may be best to exercise in the morning or afternoon (preferably an aerobic workout, like running or walking).
- 8. Does your pet sleep in the same bed with you? This, too, may cause arousal from either allergies or their movements in bed.





Good sleep hygiene can have a tremendous impact upon getting better sleep. You should wake-up feeling refreshed and alert, and you should generally not feel sleepy during the day. If this is not the case, poor sleep hygiene may be the culprit, but it is very important to consider that you may have an unrecognized sleep disorder.

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Better .



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