

# SLEEP DISORDERS

<p style="text-align: center;"><b>Snoring can be serious!</b></p> 	<p>Chronic snoring can be a sign of <b>sleep apnea</b>, a serious issue that can affect not only your ability to sleep but also your overall health. Symptoms of sleep apnea include:</p> <ul style="list-style-type: none"> <li>➤ Loud snoring</li> <li>➤ Excessive daytime sleepiness</li> <li>➤ Waking with dry mouth or sore throat</li> <li>➤ Breathing pauses</li> <li>➤ Difficulty staying asleep</li> <li>➤ Headache upon waking</li> </ul>	<p style="text-align: center;"><b>Disturbed Sleep</b></p> <p>Untreated sleep disorders often disturb the sleep of more than just the affected individual. Heavy snoring and leg movements can disturb the sleep of bed partners and other household members. If you or your family members suspect you have a sleep disorder, discuss it with your physician.</p>
<p><b>More common than you might think</b></p> <ul style="list-style-type: none"> <li>• Approximately 1/3 of adults report some kind of sleep disturbance each year.</li> <li>• <b>Insomnia</b> is the most common sleep disorder. Insomnia refers to difficulty falling asleep, staying asleep, or having non-restful sleep.</li> <li>• Stress is the most common cause of short-term insomnia, and insomnia can become a chronic or long-term issue if it is not addressed.</li> <li>• Disorders such as <b>Restless Leg Syndrome (RLS)</b> and <b>Periodic Limb Movements (PLMS)</b> involve involuntary leg movements during sleep.</li> </ul>	<p style="text-align: center;"><b>Other risk factors</b></p> <ul style="list-style-type: none"> <li>• Sleep apnea is more common in adults who are obese, are over the age of 65, have high blood pressure, and who smoke.</li> <li>• Men are more affected by sleep apnea, while women are more likely to report having insomnia.</li> <li>• Some sleep disorders can cause hypertension, strokes, chronic pain, and gastro-intestinal problems.</li> <li>• Consuming alcohol before bed can relax the throat muscles, causing obstructive sleep apnea.</li> <li>• Drowsiness resulting from sleep disorders leads to an increased risk of accidents.</li> </ul>	<p style="text-align: center;"><b>What can you do about it?</b></p> <p>Sleep disorders can be managed in a variety of ways:</p> <ul style="list-style-type: none"> <li>• Changes in behaviors and habits, such as limiting caffeine, alcohol and nicotine</li> <li>• Sleep hygiene and relaxation techniques including herbal remedies</li> <li>• Some medications can effectively treat short-term problems with sleep</li> </ul> <p style="text-align: center;">The <b>American Academy of Sleep Medicine</b> can help locate an accredited sleep center in your area at <a href="http://www.sleepcenters.org">www.sleepcenters.org</a>.</p>

*“A use has been found for everything but snoring.” – Mark Twain*