

## SLEEP DISORDERS

**Date:** 30/8/06

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Audio	Visual Suggestions
<p>Yawning, feeling sleep during the day or unable to sleep at night? Are you just tired or have sleep problems?</p> <p>A good night's sleep is part and parcel of good health. It is important for all of us, regardless of age.</p> <p>What is a good night's sleep? How much is enough? Generally, 8 hours is considered the norm. However, different people require different amounts of sleep. What determines good sleep is that the person is able to remain awake and function well during the day.</p> <p>Not all sleep is the same. A person normally moves through several stages of a sleep cycle every night.</p> <p>Many sleep problems are temporary, usually caused by a particular event like a stressful day in the office, or a poor sleep environment, like noise from your neighbour's all night party.</p> <p>If your sleep problems last more than a month, you could be having sleep disorders. There are many types of sleep disorders such as sleep walking, restless leg syndrome, insomnia and sleep apnoea.</p> <p>In this programme, we will take a look at insomnia which can make a person feel tired, depressed and irritable. Unchecked, insomnia can become debilitating and a self-perpetuating cycle.</p> <p>A more serious problem is sleep apnoea, which is normally associated with heavy snoring and cessations in breathing during sleep. This can be dangerous and fatal.</p>	<p><b>Video</b> People yawning, falling asleep at work</p> <p><b>Diagram/Graphic</b> Sleep Cycle</p> <p>Sleep progresses from Stage 1 (lightest sleep) where a person can be awoken easily to Stage 4 (deepest sleep) where it is very difficult to wake the person. The REM stage refers to Rapid Eye Movement where the person's eyes move rapidly and the depth of breath increases. Most dreams occur during REM sleep. It is normal to move through the four stages, followed by a brief interval of REM sleep.</p>

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<p>Insomnia can manifest itself in many ways. It can be difficulty falling asleep during the night or frequent awakenings during sleep. It also includes difficulty returning to sleep once a person is awake in the middle of the night.</p> <p>What are the symptoms of insomnia?</p> <ol style="list-style-type: none"> <li>1. Not feeling refreshed after sleep</li> <li>2. Inability to sleep despite being tired</li> <li>3. Daytime drowsiness, fatigue, irritability, difficulty concentrating and impaired ability to perform normal activities</li> <li>4. Anxiety as bedtime approaches</li> </ol> <p>Some conditions or situations that can lead to insomnia include;</p> <ul style="list-style-type: none"> <li>• Substance abuse – consuming excessive amounts of caffeine, alcohol, certain prescription drugs, smoking</li> <li>• Disruption of circadian rhythms – shift work, travel across time zones</li> <li>• Menopause – between 30% and 40% of menopausal women experience insomnia</li> <li>• Hormonal changes during menstrual cycle</li> <li>• Advanced age – biological changes associated with ageing and side effects from medication</li> <li>• Medical conditions – heartburn, heart disease, arthritis, obstructive sleep apnea</li> <li>• Psychiatric and neurologic conditions – anxiety, depression, dementia, Parkinson's disease</li> </ul>	<p><b>Video</b> Someone having difficulty falling asleep, tossing in bed, looking at the clock</p> <p><b>Video</b> Person Drinking coffee Person Smoking Elderly people walking</p> <p><b>Chart/Graphic</b> Circadian Rhythms (Biological Clock)</p> <p>Most people function on a circadian rhythm or about 24 hours which is controlled by an internal 'biological clock' in the brain. Travelling across time zones or working on a night shift will disrupt the body's circadian rhythm, causing changes in the normal sleep and wake up schedule.</p>
Audio	Visual Suggestions

How can a doctor help you to solve the problem of insomnia?

We speak to Dr. Fauzi Ansar, consultant respiratory medicine at the *Pusat Pakar UKM* to get the details.

1. From your experience, how predominant is insomnia among Malaysians?
2. What are the common causes?
3. How does a doctor find out the causes for insomnia?
4. Are sleeping pills or drugs prescribed?
5. What are the side effects of taking sleeping pills?
6. What are your suggestions to overcome insomnia?

Do you snore, have excessive daytime sleepiness, and you fall asleep when you don't intend to? Is your sleep not refreshing, with feelings of grogginess, morning headaches and severe dryness of the mouth?

This can be a serious health hazard if your sleep is combined with a short bouts of cessation in breathing, called sleep apnoea.

Sleep apnoea can be fatal. It is linked to high blood pressure and to increased changes of heart disease, stroke, and irregular heart rhythms. It can also affect your life in many ways such as depression, irritability, loss of memory, lack of energy, and a high risk of auto and workplace accidents.

Snoring is usually the most common symptom, with episodes of gasping, choking, pauses in breathing and sudden awakenings. Your sleeping partner is usually the first to know if he or she notices that you stop breathing periodically during sleep or grasp for breath.

**Video** – Interview with Dr. Fauzi Ansar  
Tel: 03-91703700 (ext 6700/7101/7102) Tuesday & Thursday,  
Pusat Pakar UKM,  
Hospital UKM Cheras.

**Video** – Good sleeping Habits

1. Follow a regular sleep schedule (clock)
2. Make the bedroom conducive to sleep (bedroom scene)
3. Avoid substances that interfere with sleep such as alcohol or caffeine (coffee, cigarettes)
4. Exercise regularly (jogging/swimming)
5. Relax (relaxing at home)
6. Eat a light snack (drinking a glass of milk or a small biscuit)

**Audio**

**Visual Suggestions**

<p>What are the symptoms of sleep apnoea?</p> <ul style="list-style-type: none"> <li>• Loud, irregular snoring, then quiet periods of at least 10 seconds when breathing stops. These episodes can happen up to 100 times or more each hour.</li> <li>• Daytime sleepiness, always feeling tired</li> <li>• Morning headaches, sore throat, dry mouth, cough</li> <li>• Feeling depressed, moody, irritable</li> <li>• Unable to concentrate or remember</li> </ul> <p>There are three types of sleep apnoea, namely obstructive, central and mixed. Obstructive sleep apnoea is the most common. This problem commonly occurs in obese people, who tend to sleep on their back.</p> <p>One way to diagnose sleep apnoea is to spend a night in a sleep laboratory and undergo a polysomnogram.</p> <p>Let's talk to Dr. Zainuddin Md. Zin, consultant physician, internal and respiratory medicine from Damansara Specialist Hospital to find out more.</p> <ol style="list-style-type: none"> <li>1. Based on your experience, how common is sleep apnoea in Malaysia?</li> <li>2. What are the causes of sleep apnoea?</li> <li>3. What are the tests that are conducted in a sleep disorder laboratory?</li> <li>4. What are the treatments for sleep apnoea?</li> <li>5. Besides breathing-assistance devices and surgery, what can patients do to overcome this sleep disorder?</li> </ol>	<p><b>Video</b> – Sleep Lab test in progress &amp; Results of sleep lab tests</p> <p><b>Video - Interview</b> Dr. Zainudin Md. Zin Damansara Specialist Hospital Tel: 77222692 (ext 1190)</p> <p><b>Video</b> Use of Nasal Continuous Positive Airway Pressure (CPAP) during sleep as treatment for sleep apnoea</p>
<b>Audio</b>	<b>Visual Suggestions</b>

For regular and restful sleep, you can look at various alternatives such as acupuncture, aromatherapy and yoga. Let us look at yoga, which is gaining popularity among young and old.

Yoga, has a 5,000-year history and is popular in both East and West to relieve stress, improve balance and overall mind-body health.

Yoga is said to benefit your sleep in many ways. The quality of your sleep will improve because of the stimulatory effect yoga has on the nervous system, and in particular the brain.

The practice of certain yoga postures will increase the blood circulation to the sleep center in the brain, which has the effect of normalizing the sleep cycle.

You will have a more restful sleep because of the relaxing aspect of yoga and the subsequent relieving of stress, tension and fatigue.

Yoga specialist, Dr. Dhilip Kumar (PhD), (Asian Region) director for Kevala Centre gives us an insight into yoga.

1. How does yoga help one to have restful sleep?
2. What are the recommended yoga positions for people who have difficulty falling asleep?
3. What are the yoga positions for those who awaken during the night and cannot return to good sleep?
4. How long should one practice these yoga positions?
5. Is it advisable to do the yoga positions before bedtime or anytime?

**Video** – Interview with Dr. Dhilip Kumar, Kevala Center, 50-1, Jalan SS 19/1D, Subang Jaya.  
Tel: 56367986

**Video** – Demonstration of various Yoga positions in action

**Audio**

**Visual Suggestions**

Sleep matters.

Sleep deprivation affects not only our peak performance but also our sense of well being. People who do not get enough sleep tend to be irritable and have mood swings.

As they say, the best way to stay awake is to get enough sleep.

We must appreciate the power of sleep. Sleep restores, rejuvenates and energizes our body and brain. The third of your life that you spend in sleep has profound effects on the other two-thirds of your life.