

Living Right[®]

October 2018

Your Health and Wellness Awareness Bulletin



Snooze your way to better health



A good night of sleep is vital to your well-being, yet more than a third of Americans struggle to adopt this healthy habit.

A demanding schedule, television show binge, or sporting event that goes into overtime can derail your sleep schedule. Sleep can also be disrupted

if you use electronic devices before bed or drink alcohol or a caffeinated beverage in the evening.

To give yourself a better chance at a good night's sleep, try these tips from the Centers for Disease Control and Prevention and National Sleep Foundation:

Health risks

Lack of sleep (less than seven hours per night) is associated with:

- Diabetes
- Heart disease
- Obesity
- Depression
- Motor vehicle accidents

S L E E P					
	Have a consistent bedtime and waking time, even on the weekends	Establish a relaxing bedtime routine	Sleep in a quiet, dark, relaxing room	Keep the room at a comfortable temperature (between 60 and 67 degrees)	
	W E L L				
		Use a comfortable, supportive mattress	Don't use electronics (TVs, computers, smart phones) in the bedroom	Don't have a large meal, caffeine, or alcohol before bed	Avoid tobacco
				Exercise during the day	

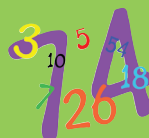
By the numbers

How much sleep is needed?

Age	0-3 months	4-12 months	1-2 years	3-5 years	6-12 years	13-18 years	19-60 years	61-64 years	65 and older
Recommended Hours of Sleep Per Day	14-17*	12-16	11-14	10-13	9-12	8-10	7 or more	7-9	7-8

Source: Centers for Disease Control and Prevention (CDC), based on recommendations from the National Sleep Foundation and American Academy of Sleep Medicine.

*National Sleep Foundation recommendation. The American Academy of Sleep Medicine does not have a recommendation for this age group.



Not-so-good vibrations

Researchers at RMIT University in Australia released a study earlier this year confirming something parents of fussy babies have known for generations: engine vibrations are sleep-inducing.



The author of the study said the gentle vibrations felt through a car's seats lull the brain and body making even the well-rested drowsy.

After only 15 minutes the test subjects showed signs of drowsiness. After 30 minutes they were having a hard time staying alert enough to process their surroundings.

While further testing is needed, the good news is that experts think car vibrations could be tweaked from current sleep-inducing frequencies to frequencies that may actually help keep drivers awake.

Until then, if you become drowsy when driving, it's best to pull over and switch drivers or take a power nap.

Don't doze and drive

Drowsy driving is a concern in the United States. According to the Centers for Disease Control and Prevention (CDC):

- About 1 in 25 adult drivers report having fallen asleep while driving in the previous 30 days.
- The National Highway Traffic Safety Administration estimates that drowsy driving was responsible for 72,000 crashes, 44,000 injuries, and 800 deaths in 2013.

Sleep apnea: It's more than a snore

Snoring can be cute coming from a snub-nosed dog like a pug or Boston terrier, but did you know snoring can be dangerous?

Snorting, snoring, and gasping for breath during the night may be signs of sleep apnea, a breathing interruption caused by a blocked airway. The condition is sometimes called OSA or obstructive sleep apnea.

A person with sleep apnea actually stops breathing repeatedly during sleep. A short deep breath, gasp, or sudden sensation of choking occurs when the airway reopens. Usually the sleeper is unaware of these sleep interruptions, which can occur hundreds of times each night.

A common symptom of sleep apnea is daytime sleepiness due to interrupted sleep at night. Additional symptoms include:

- ★ Restless sleep or insomnia
- ★ Difficulty concentrating
- ★ Waking up several times a night to urinate
- ★ Waking up with a dry mouth or sore throat
- ★ Morning headaches
- ★ Heartburn
- ★ Decreased libido and erectile dysfunction

Sleep apnea is dangerous because left untreated it can contribute to serious health conditions including:

- ! High blood pressure
- ! Stroke
- ! Heart disease
- ! Diabetes
- ! Depression

In addition to medical conditions, the daytime sleepiness caused by sleep apnea can decrease work or school performance and increase the risk of accidents while driving or working.

If you are experiencing symptoms of sleep apnea, talk to a physician who may order a sleep apnea test to be done in a sleep center or possibly at home. After sleep apnea is diagnosed, treatment options can be discussed.



Are you at risk for sleep apnea?

Some people are at higher risk for sleep apnea. Risk factors include:

- Back sleeping
- Obesity
- Chronic sinusitis
- Large neck circumference (greater than 17 inches for men/15 inches for women)
- Large tonsils or adenoids
- Smoking
- Family history of sleep apnea
- Recessed chin or large overbite

Treatment can provide relief

Lifestyle changes can be a first step in treating sleep apnea. These include: avoiding alcohol, giving up smoking, losing weight, and changing one's sleep position from back sleeping to side sleeping.



If these changes are not enough, the next step is often continuous positive airway pressure (CPAP) therapy. CPAP involves wearing a mask over the nose and/or mouth while sleeping. The mask is hooked up to a machine that keeps airways open by delivering a steady stream of air into the nose.

In some cases, surgery can be used to widen the airway or dentists specializing in the treatment of sleep apnea can recommend devices designed to help keep the airway open during sleep.

The best treatment for sleep apnea will vary from person to person, but it can provide welcome relief as it brings a good night's sleep and the improved health and well-being benefits that go with it.

Hallucinations could be sign of sleep apnea in women

Physical differences in the throat, such as a shorter airway, mean women with sleep apnea often don't exhibit the same symptoms as men.



Men more often experience a complete airway shutdown, which can bring on loud snoring and gasping for air.

Women tend to have more generalized symptoms. In addition to daytime sleepiness, women with sleep apnea complain of insomnia, restless legs, depression, nightmares, palpitations, and hallucinations.

As these can all be signs and symptoms of other conditions, and because sleep apnea has traditionally been considered a male problem, it may be misdiagnosed in women.

A woman with sleep apnea symptoms should bring up the issue with her doctor and discuss testing for the condition.

Next month:
Cold and Flu
Prevention



J. J. Keller & Associates, Inc.[®]

3003 Breezewood Lane, P.O. Box 368
Neenah, Wisconsin 54957-0368

"Publishing & Services Since 1953"