

healthpeople



Sleep problem is more than just sleepiness

—Komolafe, Sleep expert

ate time.

Insomnia, defined as a persistent difficulty falling or staying asleep that impairs daytime function, is the most common sleep complaint. People with daytime sleepiness are fatigued, have a tendency to fall asleep in inappropriate places at inappropriate times, and have poor concentration and are irritable.

In fact, disrupted sleep has also been associated with several negative physical and psychiatric consequences in the general population, including psychiatric illness, physical complaints, substance abuse, and poor memory.

In children, common sleep disorder symptoms could include sleep terrors, nightmares or night time fears, teeth grinding during sleep, excessive daytime sleepiness and bedwetting.

What are things that predispose to sleep problems?

There are many conditions, diseases and disorders that can cause sleep disturbances. In many cases, factors that predispose to sleep problems include medical illness, medications stress, other psychological problems and environment problems like noise.

Many people cannot sleep because of loud noise from speakers used by various religious organisations during night vigils. Life stresses such as job loss or change, death of a loved one, or frequent travel, illness, erratic work schedule or environmental factors, such as light, noise, or extreme temperatures may also affect sleep pattern.

There are more sleep problems now because exposure to light from various devices like Neon light, street signs, mobile phones, I-pads and laptop affects melatonin secretion from pineal gland. I have seen many teenagers and young adult having problems sleeping because of spending too much time on these devices.

Statistics show that insomnia is a direct linked to a higher mortality risk and reduced quality of life. Why is this so?

Researchers have linked insufficient sleep or persistent insomnia to conditions that easily cut people's life short. It has been observed that the inability to get a good night's sleep that goes on for years has a direct effect on the risk of death, regardless of the underlying reasons for it.

People who do not get enough sleep are also at higher risk for chronic diseases such as high blood pressure, diabetes, obesity, metabolic syndrome, increase in blood lipids and depression, as well as cancer, premature death and reduced quality of life and productivity. It may raise nighttime blood pressure, cause occupational errors, motor vehicle accidents, industrial disasters and medical and other occupational errors.

Insufficient sleep can interfere with cardiovascular health by causing inflammation, increasing blood pressure and impairing glucose levels. For instances, studies have found that the risk of developing heart failure triples in people who experience persistent insufficient sleep.

The 2016 World Sleep Day is with the theme "Good sleep is a reachable dream". How possible is this?

World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. It is to raise awareness of sleep disorders and their better understanding and preventability, and to reduce the burden of sleep problems on society through better prevention and management of sleep disorders.

With the advent of round the clock social media habits, binge watching marathons