

# Experts harp on research, treatment of sleep problems

•say 35 per cent of Nigerians affected

By SADE OGUNTOLA

**E**XPERTS have stressed the need for increased research and treatment of sleep problems, saying these have become imperative because of the importance of sleep to good health and national productivity.

Provost, College of Health Sciences, Obafemi Awolowo University, Ile-Ife, Osun State, Professor Adesegun Fatunsi, speaking at an update course on sleep and epilepsy to mark the 2016 International Epilepsy Day at the institution, said there was a big research gap in the study of sleep in Nigeria.

Fatunsi, who remarked that unlike epilepsy people are not aware of sleep problems, stated that “people just trivialise the whole issue around sleep. But sleep is something that is extremely important; effect of sleep cuts across many health issues.”

The public health professor, noting that young people need more sleep but hardly do so because they are always busy on their mobile phones, I-pads and lap tops, said sleep problem was becoming one of the biggest health challenges.

30 and 35 per cent of Nigerians have some forms of sleep disturbance.

Mosaku declared that age, being female; psychiatry, neurological and

medical disorders such as depression and anxiety, excessive noise, medica-

tions for some disease conditions and worries about money are part of the rea-

sons many people are unable to have sound sleep.

He listed signs of poor sleep to include fatigue, daytime sleepiness, sluggishness, mood disorder, headache and palpitation, adding that poor sleep can lead to increased health-care cost, increased risk for absenteeism and development of psychiatry disorders and decreased productivity and quality of life.

Mosaku, who assured of pharmacological and non-pharmacological modes of treating sleep problems, said however that all cases of sleep problem require an individualised treatment.

He stressed the need for good sleep hygiene, saying exercises, practicing relaxation techniques and avoiding the use of the bedroom for other activities apart for sleep and sex is better discouraged to ensure good sleep.



Minister of Health, Professor Isaac Adewole (middle) flanked by Minister of State for Health Dr. Osagie Ehanire; leader of delegation CGC Construction Company limited, Mr. Ricky Roa and other staff of the CGC Construction Company, during a courtesy visit and donation of 700,000 boxes of ACT drugs to Nigeria, recently in Abuja.

## PEPSODENT, NDA walk against holes in teeth

By SADE OGUNTOLA

AS part of activities lined up to celebrate this year's World Oral Health Day Celebration, Pepsodent Toothpaste in partnership with Nigerian Dental Association, NDA, in line with the theme of the 2016 Oral Health Day

tize Nigerians on the need to brush twice daily with fluoridated toothpaste.

The 10-kilometre Walk against cavity, organised by Pepsodent in collaboration with the Nigerian Dental Association, NDA, in line with the theme of the 2016 Oral Health Day

– “Brush Day and Night... Healthy Mouth, Healthy Body” was also to drive positive habit change as well as put Nigerians on the alert as it concerns cavity.

The walk kicked-off from Lagos University Teaching Hospital, LUTH, through Oiueregba to Ji-

bowu and back to LUTH. Educational materials, Pepsodent toothpaste and toothbrushes were handed over to commuters and residents within the neighbourhood of Surulere and Mushin local government areas of the city.

Addressing journalists

during the walk, Category Manager, Oral Care, Unilever Nigeria PLC, Bunmi Adeniba said that the oral health awareness walk was part of the Campaign of Unilever Nigeria to get people to brush day and night.

“The health awareness walk is to inform Nigeri-