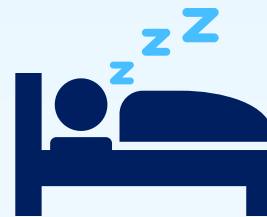


# THE IMPORTANCE OF SLEEP

APRIL 2024

## ▶ SLEEP IS NECESSARY!



Many of us watch what we eat and make sure our macros, fruits, and vegetable intake are as recommended. We drink our eight 8-ounce glasses of water a day and take our medications and vitamins. However, in today's world, we slack in the sleep department!

Whether it be because we cannot get comfortable, our mind will not shut off, or we are burning the candle at both ends with late nights and early mornings, our sleep suffers.

## ▶ WHY DO WE NEED SLEEP?



While you sleep, your brain is still working.

- This is the time when your brain prepares to learn, remember, and create.
- The brain has a drainage system that removes toxins during sleep. Some of these toxins are proteins that cause Alzheimer's disease. While sleeping, this drainage system works double time!
- Your whole body uses sleep as a time for repair. Even your immune system needs that time to repair.

## ▶ HOW MUCH SLEEP DO WE NEED?



School age children and teenagers need roughly 8-10 hours each night.



Adults need roughly 7+ hours – preferably 8 hours each night.

## ▶ INSOMNIA:



Insomnia is a common sleep disorder. People struggle to get to sleep or stay asleep, sometimes for weeks or months. This can cause many health issues if it goes on too long: headaches, weight gain, daytime sleepiness, diabetes, and heart problems. See your doctor if you have sleep issues. There are ways to help!

## ▶ SLEEP APNEA:



Does your bed partner tell you that you snore? Do you wake up gasping for breath? Does your bed partner wake you up and tell you to breathe?! You could have sleep apnea.

Obstructive sleep apnea happens when air cannot flow into or out of the nose or mouth, even though you are trying to breathe. Central sleep apnea happens when your brain fails to send the right signals to your muscles to make you breathe. Central sleep apnea is much more rare than obstructive sleep apnea.

Sleep apnea is very dangerous and must be addressed with your doctor as soon as possible!

The complications and health risks that come from sleep apnea are much more than just waking up your partner and snoring! Just a few of the risks are:

- Increased risk of cardiovascular events (heart attack, stroke, atrial fib).
- Slowing of metabolism: sleep apnea can make you gain weight! In fact, many people lose weight without trying once their sleep apnea is treated. Many people with sleep apnea are obese but cannot lose weight because their apnea is not treated!
- Increase the risk of type 2 diabetes. Sleep apnea alone can cause elevated blood sugars.
- Shortened lifespan. When your brain doesn't get enough quality sleep, it doesn't repair and regenerate.

See your doctor right away for a sleep evaluation if any of these situations sound like you. Talk to your bed partner about your sleeping habits. Do you snore? Do you stop breathing? Sometimes you don't know! Tell them the same if you hear about their issues. Keep in mind that sleep apnea is not an obesity disease; even people who are not obese can have sleep apnea!

And yes, there's even an app for that! SnoreLab and ShutEye Sleep Tracker are both phone apps that will record your noise at night.