

Health & Wellness Newsletter August 2020

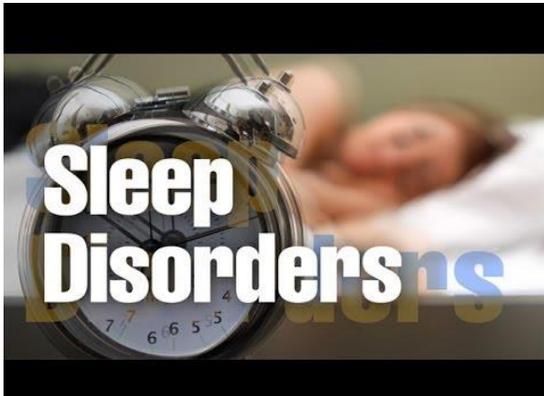
MedPro Group

2201 Benden Drive
Wooster, OH 44691
(330)263-7270

R.David@TheMedProGroup.com

Our Mission is ...

To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers



A sleep disorder is a condition that frequently impacts your ability to get enough quality sleep. While it's normal to occasionally experience difficulties sleeping, it's not normal to regularly have problems getting to sleep at night, to wake up feeling exhausted, or to feel sleepy during the day.

Types of common sleep disorders

Insomnia



Sleep apnea



Restless legs syndrome (RLS)

Narcolepsy

Shift work sleep disorder



Delayed sleep phase disorder



Jet lag

Many of us experience trouble sleeping at one time or another. Usually it's due to stress, travel, illness, or other temporary interruptions to your normal routine. But if sleep problems are a regular occurrence and interfere with your daily life, you may be suffering from a sleep disorder.

Keep a sleep diary

A sleep diary can pinpoint day and nighttime habits that may contribute to your problems at night. Keeping a record of your sleep patterns and problems will also prove helpful if you eventually need to see a sleep doctor.

Your sleep diary should include:

1. what time you went to bed and woke up
2. total sleep hours and perceived quality of your sleep
3. a record of time you spent awake and what you did (“got up, had a glass of milk, and meditated” for example)
4. types and amount of food, liquids, caffeine, or alcohol you consumed before bed, and times of consumption
5. your feelings and moods before bed (happiness, sadness, stress, anxiety)
6. any drugs or medications taken, including dose and time of consumption

The details can be important, revealing how certain behaviors can be ruining your chance for a good night’s sleep. After keeping the diary for a week, for example, you might notice that when you have more than one glass of wine in the evening, you wake up during the night.

Self-help for sleep disorders

While some sleep disorders may require a visit to the doctor, you can improve many sleeping problems on your own.

Improve your daytime habits. Regardless of your sleep problems, sticking to a consistent sleep schedule, getting regular exercise, limiting your intake of caffeine, alcohol, and nicotine, and managing stress will translate into better sleep over the long term.

Develop a relaxing bedtime routine to prepare your mind and body for sleep. Make sure your bedroom is quiet, dark, and cool, avoid heavy meals and too many fluids late at night, take a warm bath, read, or listen to soothing music to unwind, and turn off screens at least one hour before bedtime.

Get back to sleep when you wake up at night. Whether you have a sleep disorder or not, it’s normal to wake briefly during the night. If you’re having trouble getting back to sleep, try focusing on your breathing, meditating, or practicing another relaxation technique. Make a note of anything that’s worrying you and resolve to postpone worrying about it until the next day when it will be easier to resolve.

Melatonin's main job in the body is to regulate night and day cycles or sleep-wake cycles. Darkness causes the body to produce more melatonin, which signals the body to prepare for sleep. Light decreases melatonin production and signals the body to prepare for being awake. Some people who have trouble sleeping have low levels of melatonin. It is thought that adding melatonin from supplements might help them sleep.



Sources: <https://www.helpguide.org/articles/sleep/sleep-disorders-and-problems.htm>