

“Trouble Sleeping?- Sleeping Disorders Overview”

Deaf Health Talks
December 8, 2011



Supporters

- Rochester Recreation Club for the Deaf (“REAP”)
- Deaf Health Talks (Deaf Health Community Committee and the National Center for Deaf Health Talks)



Overview

- Insomnia
- What is sleep?
- Types of sleeping problems
- Ways to treat sleeping problems



Insomnia

- Hard to fall asleep
- Not able to stay asleep
- Wake up too early
- Poor sleep (feel tired in morning)





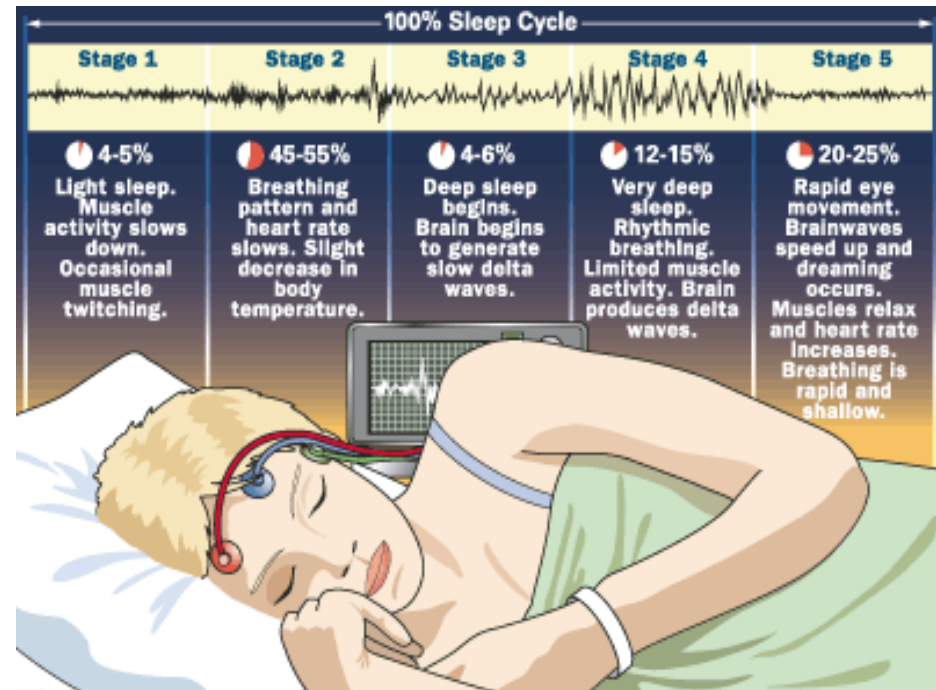
Sleep

- Sleep is an **ACTIVE** process
 - Recharges vital body functions
- Average hours
 - Infants: Most of the day and night
 - Early adolescence: 9 – 10 hours each night
 - By age 20: 7 – 8 hours each night (range 5 – 9 hours)
 - Older adults: May need more sleep



Sleep Stages

- Biological Clock
 - Neurotransmitters
- Different stages of sleep
 - REM
 - Non-REM (4 stages)



<http://static.howstuffworks.com/gif/sleep-stages.gif>



Prevalence

- 15-30% of population has chronic sleeping problems last year
 - Risk factors:
 - Increasing age
 - Drugs and alcohol
 - Female
- 81 Sleep Disorders (AASM)
- Many people are unaware of it



Impact of Poor Sleep

- Accidents
 - Depression
 - Poor work performance
 - Obesity
 - Cardiac diseases
 - Higher health care costs
-
- Total cost of poor sleep includes treatment, lost productivity and accidents, may exceed \$100 billion per year!



Temporary Causes of Insomnia

- New or recurring stress (social, family, work)
- Change in sleeping environment
- New illness or injury
 - Depression/Anxiety too!
- New medications
- Jet lag or shift change



Chronic Causes of Insomnia

- Sleep apnea
- Psychiatric disorders (e.g., depression, anxiety)
- Medications
- Drug or alcohol use
- Medical disorders (e.g. menopause)
- Restless leg syndrome
- Poor sleep hygiene



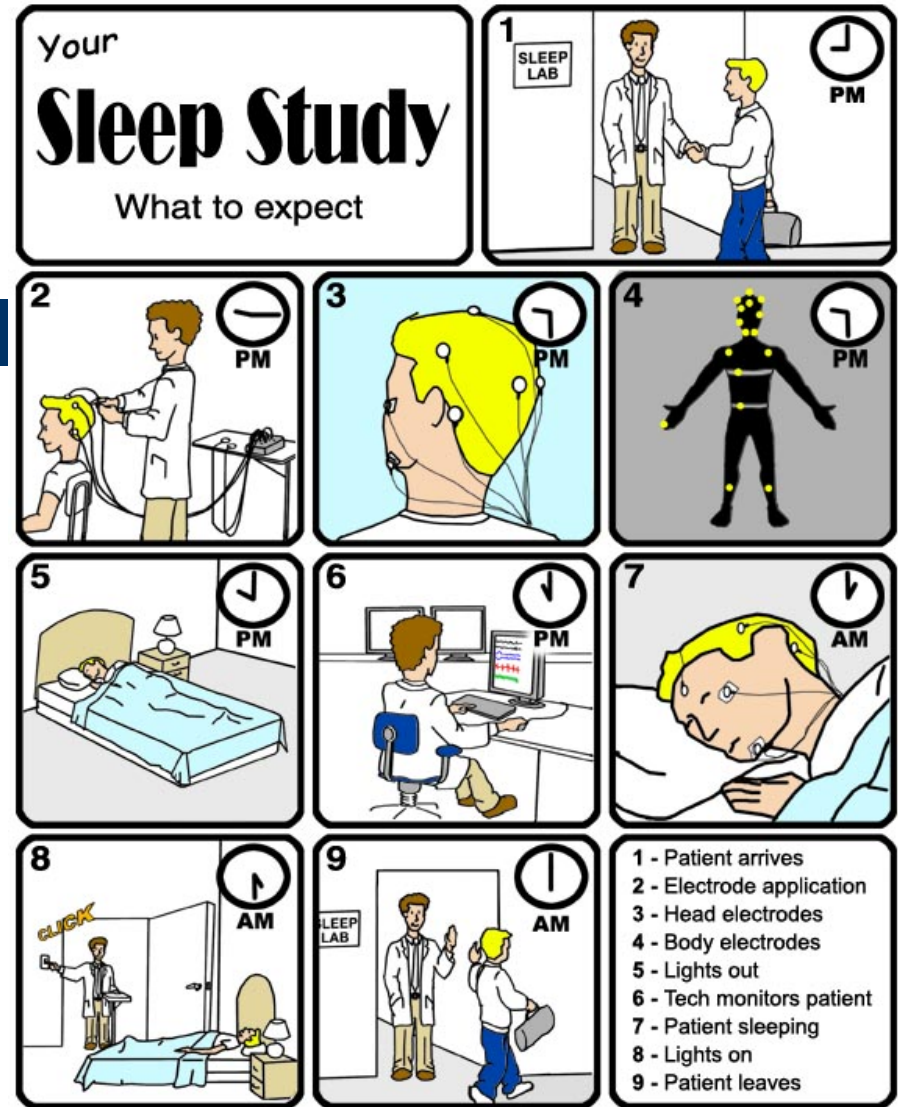
Sleep Apnea

- Definition
 - Repeated stoppage in breathing during sleep
 - Caused by lack of breathing drive (central) or by blockage (obstructive)
- Signs/Symptoms:
 - Snoring, headaches, fatigue, poor sleep, chronic congestion, obesity, high blood pressure



Sleep Apnea

- Diagnosis:
 - Sleep study
 - Apnea is when more than 5 episodes per hour



<http://www.entandallergy.com/nad/images/PSGhandout-GOOD.jpg>



Sleep Apnea

- Danger (Risks):
 - Cardiovascular disease
 - Stroke
 - High blood pressure
 - Bad heart rhythms (Arrhythmias)
 - Diabetes
 - Sleep -deprived driving accidents



Sleep Apnea

- Treatment:
 - CPAP machine
 - Oral Appliance Therapy
 - Angled pillow
 - Sleeping on one side



Depression/Anxiety

- Common Complaints of Sleep
 - Lack of sleep
 - Can't sleep well anymore
 - Wake up too early
 - Can't fall asleep when go to bed





Depression/Anxiety

- Counseling
- Exercise
- Antidepressants
- Writing a journal



Medications

- Thyroid medications
- Corticosteroids (Prednisone)
- SSRIs (antidepressants)
 - Prozac (fluoxetine), Zoloft (sertraline), Paxil (paroxetine)
- Beta-blockers (high blood pressure meds)
 - Atenolol, Metoprolol



Medications-cont

- Albuterol
- Attention Deficit Disorder Meds (e.g. Ritalin)
- Caffeine
- "Diet pills"
- Nicotine
- Alcohol



Restless Leg Syndrome

- Need to move your legs
 - Occurs when resting
 - Better when move legs
- Causes
 - Lack of iron
 - Pregnancy
 - Kidney failure
 - No known cause



Restless Leg Syndrome

- Treatments:
 - Fix underlying problem
 - Correct low iron
 - Check for kidney issues
 - Change depression medications to see if helps
 - Stop allergy medications to see if helps
 - Trial of medications
 - Requip
 - Mirapex



Other Common Medical Causes

- Menopause
 - Sleep Hygiene
 - Antidepressant medications
 - Hormone Replacement Therapy
 - Exercise
 - Soy Milk? or Black Cohosh?
- Heartburn (Gastroesophageal reflux disease)
 - Avoid late meals
 - Exercise
 - Avoid alcohol or smoking
 - Heartburn medications (e.g. Prilosec or Zantac)



Other Common Medical Causes

- Enlarged prostate (Benign prostatic hyperplasia)
 - Avoid drinking fluids late
 - Prostate medications (e.g. Saw Palmetto, Doxazosin, Proscar)
 - Surgery by Urology
- Medical conditions that cause pain (e.g. arthritis)
 - Exercise and weight loss
 - Pain control with medications



I am Tired and I Can't Sleep!

- What should you do?
- Start a journal
 - Write down:
 - How long did you sleep for?
 - Good sleep?
 - Wake up often?
 - If woke up, why?
 - How long did it take to fall asleep?
 - Get information from your sleep partner
 - Stop breathing throughout the night?
 - Leg jerks?
 - Tossing and turning?



http://1.bp.blogspot.com/_GvLBy_Amp5I/Srrzw7RBHJI/AAAAAAAAA/GpU/kfa1fKnbnoc/s320/insomnia1.jpg



Sleep Hygiene

- Be careful with caffeine (coffee or sodas with caffeine)
- Have a light snack before bedtime (no big meals before bedtime)
- Set your bedroom for a comfortable temperature
- Minimize light exposure
- Follow a regular sleep schedule



Sleep Hygiene- cont

- Caution with naps
- Heavy exercise should be done 2-3 hours before bedtime.
- Avoid tobacco or alcohol near bedtime
- Read a book before bedtime
- Avoid TV watching before bedtime



Sleep Hygiene- cont

- If not able to sleep-
 - Get up and go to another room
 - Go to bed when sleepy
 - Repeat until able to sleep
 - Try to go to bed 10-15 minutes earlier each day until at goal
- *Use bed only for sleep or sex*



Other Treatments

Insomnia Medications:

- Rozerem (Ramelteon)
- Ambien (zolpidem)
- Lunesta (Eszopiclone)
- Melatonin- may help for jet lag or shift work



<http://thesituationist.files.wordpress.com/2007/01/lunesta-small.jpg>



Other Treatments

- Benzodiazepines
 - Restoril (Temazepam)
 - Valium (Diazepam)
- Antidepressants
 - Elavil (Amitriptyline)
 - Sinequan (Doxepin)
 - Desyrel (Trazadone)



Other Treatments

- Over the Counter Treatments
 - Benadryl
 - Tylenol PM
- Alcohol should never be used for sleeping!
- Contact your doctor if you struggle with sleep.



Questions???

- Thank you!
- Next Deaf Health Talk on January 19

