

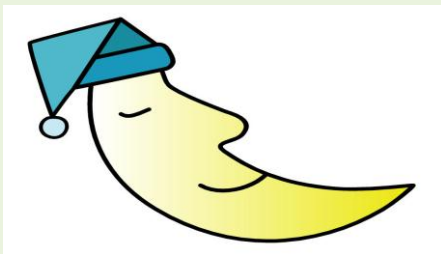
Preparation for sleep test

-Avoid taking a nap in the late afternoon or evening. If you nap, try to have it in early afternoon and shall not exceed a period 30 minutes.

-Avoid the stimulants caffeine (coffee, cola and chocolate) Avoid smoking before bedtime.

-Avoid eating large heavy meals or drinking excessive fluids before bedtime.

-When it is time to sleep close the phone and do not think about any personal or family problems.



Clinical contents from
Dr. Hassan Alhariri
Consultant sleep Medicine
Pulmonary & sleep medicine department

What is sleep disorders?

Sleeping disorders are any condition that impairs good quality of sleep at night to the extent that disturbs our daytime activities and functions. The most common sleep disorders are:

-Sleeping fewer hours than expected, (insomnia),

-Sleeping during the day for long hours (Hypersomnia).

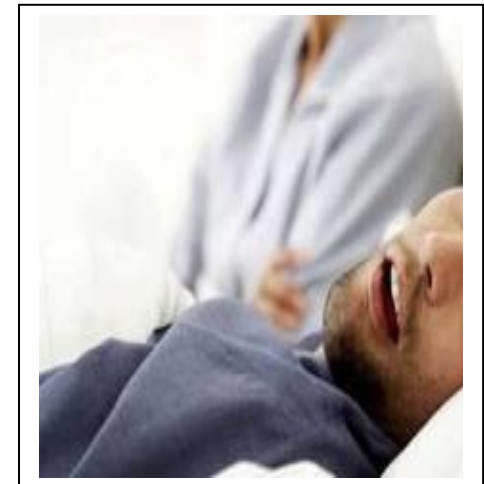
-Breathing-related sleep disorders such as snoring and sleep apnea.

-Sleep-wake cycle disorders (or circadian disorders) which is characterized by the presence of a mismatch between the actual sleep time and the time a person wants to sleep.

-Other Sleep disorders such as sleep talking, sleepwalking or nightmares.

Some patients complain of vague symptoms such as feeling tired, depressed and poor concentration, but the real problem they do not sleep well at night.

What is Sleep Disorders Medicine?



Sleep Disorders Center

Sleep is a blessing from God. We do not realize its importance unless we suffer insomnia or any other sleep disorders. Millions of people suffer from sleep problems now especially with high rates of anxiety and stress. Sleep medicine is one of the modern medical science and it has more than 100 classified disorders

What is sleep?

Sleep is a natural pause in the state of awareness to give a chance to the body to get the rest and to restore the energy. Sleep is a major part of our lives. It is estimated that we spend about one-third of our lives sleeping. Adequate sleep is a necessary and important component of a healthy lifestyle. Getting good quality sleep during the night is related to our ability to function during the day.

How many hours of sleep does the adult person need?

Adults usually will need 6-8 hours of sleep on an average every night. Our need of sleep is different from one person to another. It may range from 4 hours for some and 10 hours for others. If you feel sleepy and drowsy during the day, these may be signs that you are not sleeping well during the night

What happens during sleep?

While we are awake, the brain has certain electrical activity, this activity starts changing when we go to sleep and we go through different stages of sleep. We usually pass through four phases of sleep: stages 1, 2, 3, and REM (rapid eye movement) sleep. These stages progress in a cycle from stage 1 to REM sleep, then the cycle starts over again. Each stage has an important role and lack of deep sleep and increase of light sleep causes fatigue and stress during the day.



How to diagnose sleep disorders?

Diagnosis of sleep disorder is not easy. The patient needs to be thoroughly checked and to get a sleep study to diagnose and determine the extent and the severity of the condition. Treatment plan for each individual patient based on medical history, clinical examination and the results of the sleep study.

What is a sleep study?

To study your sleep we need to monitor and observe some of the physiological changes during sleep. A sleep test or polysomnogram is used to discover the causes of sleep disorders and to plan your treatment.

Polysomnogram is an overnight sleep study or it will be done during your normal sleeping hours. A trained sleep technician will prepare you for the test and apply sensors to the head, face, chest, abdomen, and legs. None of these devices hurt, then he will monitor the physiological indicators during sleep including Brain waves, Heart rate, Breathing rate, Oxygen level etc. Most people do not find it hard to fall asleep even with all the wires attached to them. After several days, you can see your sleep doctor and he will explain the findings and discuss treatment options. Home sleep testing can be done too, where a simple sleep monitor equipment will be given to the patient and he will be instructed to connect it before going to sleep and to bring it back the day after to his sleep doctor to review it.

