

Sleep Hygiene. It's Important. Solutions for Better Sleep.

If you want to get a good night's sleep, you need to practice good sleep hygiene. So you've heard of dental hygiene, but not sleep hygiene? Well, sleep hygiene is all about controlling the practices, habits, and environmental factors that are critically important for sound sleep. Good sleep hygiene helps you get a better night's sleep, feel refreshed when you awake, and remain alert throughout the day.

Is a little missed sleep important? Yes, according to sleep researchers. Not getting the proper amount and best quality of sleep may have serious short-term and long-term consequences. Many studies have shown that sleep deprivation adversely affects alertness and performance. Even reducing sleep by as little as one and a half hours for just one night reduces daytime alertness by about one-third. Excessive daytime sleepiness impairs memory, ability to think and process information, and increases the risk of sustaining injury.

To help you relax, fall asleep, stay asleep, and get better sleep so that you wake up refreshed and alert, here are some sleep hygiene tips:

- Avoid watching TV, eating, and discussing emotional issues in bed.
- Minimize noise, light, and temperature extremes during sleep by using ear plugs, window blinds, electric blanket or air conditioner.
- Don't drink fluids after 8 p.m. to reduce awakenings due to urination.
- Avoid naps, especially if you have problems falling asleep.
- Do not expose yourself to bright light if you need to get up at night.
- Avoid nicotine, a stimulant, near bedtime and upon night awakenings.
- Avoid caffeine at least four to six hours before bedtime.
- Avoid alcohol before bedtime, it will interfere with sleep during the second half of the night.
- Avoid heavy meals close to bedtime as they interfere with sleep. Stay away from protein and stick to a light snack of carbohydrates or dairy products.
- Don't exercise vigorously just before bed if you are the type of person who becomes more alert with exercise

You control your sleep hygiene. With a good night's sleep you should expect to wake-up feeling refreshed and alert, not sleepy, during the day. Sound sleep is critical to your health and well-being. If you are not sleeping well, look at your sleep hygiene habits. If you are already practicing good sleep hygiene and still cannot get a healthy night's sleep, contact the Sleep Disorders Center. We can help you get the sleep you need to enjoy life again.

The Sleep Disorders Centers Network

Sleep well. Live well. In a nutshell, it's our mission. We are the Sleep Disorders Centers. Four centers strong, within Kentucky, we operate conveniently located, comprehensive centers for the diagnosis and treatment of all sleep disorders. Our Sleep Disorders Centers network is under the direction of board certified sleep specialists, B. T. Westerfield, MD and James M. Thompson, MD.

Sleep Disorders Center of Lexington

Established July 2000, the Sleep Disorders Center of Lexington offers five comfortable, home-like sleep rooms, in which overnight and daytime sleep studies are performed six nights a week. Our sleep specialists include Drs. James Thompson, B.T. Westerfield and Janet Hall Jones. The physicians evaluate patients by appointment. Located at 3121 Wall Street, Suite 200 (in Beaumont Center off Harrodsburg Road), the Lexington center operates from 9:00 a.m. to 5:00 p.m., Monday through Friday. To schedule an appointment with our Lexington office, please contact Leigh Ann at the Sleep Disorders Center of Lexington at (859) 223-9990 or (877) 287-0972.

Sleep Disorders Center of London

In October 2000, we debuted our London office. Offering sleep consultations, diagnosis and treatment, the Sleep Disorders Center of London has three comfortable sleep rooms for diagnostic testing which is performed six nights a week. Our sleep specialists include Drs. Aqeel Mandviwala and Muhammad Talib. Both physicians offer sleep consultations by appointment. Located at 1370 West 5th Street, Suite One (in the Cumberland Valley Medical Park), the London center is open 9:00 a.m. to 5:00 p.m., Monday through Friday. To schedule an appointment with our London office, please call Donna at Sleep Disorders Center of London at (606) 877-1096.

Sleep Disorders Center of Danville

With the success of both Lexington and London and to better serve patients in the Danville area, the Sleep Disorders Center of Danville opened in August 2003. With the same cozy, home-like setting and artful décor that define the Sleep Disorders Centers, Danville offers four state-of-the-art sleep rooms for diagnostic sleep testing six nights a week. Our sleep specialists include Drs. James Thompson, B.T. Westerfield and Waseem Ahmed, as well as certified family nurse practitioner Sarah Cecil. Located at 105 Ponder Court, Suite C-102 (across from the Boyle County Fair Grounds), the office is open 8:30 a.m. until 4:30 p.m., Monday through Friday and schedules patients Wednesday thru Friday. To schedule an appointment, please contact Gidget at the Sleep Disorders Center of Danville at (859) 936-0303.

Sleep Disorders Center of Corbin

The newest center, the Sleep Disorders Center of Corbin opened January 2004. With four sleep rooms fashioned in the same manner as the other centers, Corbin performs diagnostic sleep testing four nights a week. Our sleep specialists include Drs. James Thompson, B. T. Westerfield, and Aruna Timmireddy. Sleep consultations can be scheduled by appointment between the hours of 9:00 a.m. to 5:00 p.m., Monday through Friday. The Sleep Disorders Center of Corbin is located at 95 Bryan Blvd, Suite 102 (near the hospital in the Cumberland Falls Medical Park). To schedule an appointment with our Corbin office, please contact Johnnie at the Sleep Disorders Center of Corbin at (606) 528-8144.

Compliance and Cleaning: Procedures for CPAP Users

By Randy Codling, RRT, RPSGT
Technical Director

People using nasal CPAP therapy to treat obstructive sleep apnea realize getting acclimated to the CPAP apparatus takes time and patience. There is a natural period of adjustment. To ease the adjustment period, sleep specialists often recommend a gradual initiation of CPAP therapy to desensitize the CPAP user. Rather than putting the mask on, lying down and immediately beginning therapy at the prescribed pressure, gradual initiation means practicing with the mask and machine first.

GRADUAL INITIATION

To do this: while seated and upright, put the machine on at a low-pressure setting, usually 4 cm H₂O. Most machines have a ramp up pressure that begins at the 4 cm H₂O. Hold the mask unstrapped and loosely against the face for brief periods. Continue to practice with the mask loosely against the face until breathing with the mask in place for a minute or more. Once having the mask in place feels comfortable, take the next step. Strap the mask on. Make sure it is comfortable, i.e. not so tight it hurts and not so loose it leaks or irritates the eyes.

Once breathing with the mask strapped on and while sitting up, proceed to the next step. Breathe while the CPAP gradually is "ramping up" to the prescribed setting. When comfortable with this, do the same thing, but while lying down and relaxing as much as possible. It may be beneficial for you to listen to music or try other relaxation techniques.

DAYTIME PRACTICE

Another acclimation technique is simply to practice wearing the mask. To do this: turn the machine on at a very low pressure and use it while awake. Consider engaging in relaxing activity during this trial period.

Practice an hour or two each day or evening until breathing with the machine. Use it for short naps. It has positive health benefits and gives a measure of progress in acclimating to CPAP. Remember, even if wearing the CPAP is only tolerable two to four hours a night, the goal is to feel comfortable enough to eventually wear it throughout the night. Once using CPAP all night, every night, you will feel the benefits of having more energy and being less tired.

CLEANING YOUR CPAP

Cleaning the CPAP system and mask are also very important to complying with CPAP therapy. The mask should be cleaned daily to remove facial oils. The headgear and tubing should be cleaned at least weekly, more often if needed, in a solution of warm water and mild dish detergent. **NEVER USE BLEACH!**

Remove the headgear from the mask and fasten the hook tabs to the straps before washing it. Rinse it well and allow it to air dry. The tubing can hang from a towel rack to dry. Some CPAP units have filters that need to be cleaned or replaced. It is best to talk with the homecare provider of the CPAP unit regarding specifics.

A Good Night's Sleep is Important Sleep well. Live well.

Did you know you spend one third of your life sleeping? As a matter of fact, barring any underlying medical conditions, it's this third that determines the energy you have available for the other two thirds. This means sleep is important.

Many people know how out-of-sync they feel after just one night of disturbed sleep. Whether related to stress, medication or weather, it is normal to experience a few nights of poor sleep. However, if nightly you find it hard to get restful sleep, you may have a sleep disorder. There are 84 classified sleep disorders, from sleep apnea, narcolepsy and insomnia, to restless legs, parasomnias and poor sleep hygiene. The Sleep Disorders Centers provide assessment, diagnosis and treatment for all sleep-related pathologies.

Sleep in the News

Researchers at the University of Toronto's sleep clinic have found that the human brain creates its own internal music, and that same music can be used to fight a common problem that affects millions of people across the continent: anxiety insomnia. By playing their own "brain music" back to them, researchers were able to get people with sleep disorders to fall asleep more quickly, and to sleep more soundly, according to psychiatrist Leonid Kayumov, director of the clinic.

This music consists of an audible "printout" of sleep-inducing brain waves. Every human being produces his or her own unique brain music. As a matter of fact, no two people produce the same brain music. For the study, ten people who had suffered from insomnia for at least two years were hooked up to a device to record brain waves. The printout, fed into a computer, produced an audio track corresponding to the frequency and patterns of the brain waves.

Computerized algorithms converted brain waves into sound. Participants were given a CD of their brain waves to listen to just before bedtime. After four weeks, they returned for further sleep testing. The results? Those listening to their own brain music showed a dramatic improvement over placebo participants who listened to someone else's brain music, meaning brain music is highly individual.

For the placebo group, the improvement was only about 15 percent as compared to 75 to 85 percent for the experimental group, showing that brain music is highly individualistic. Each subject's brain recognized its own lullaby and reacted accordingly. The "music" was so different from other brain waves that the researchers are now experimenting with creating sound tracks that will help curb such things as bed wetting among children.