

CottageHouseCall

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Sleep Disorders and Treatments

As one of the most basic human needs, sleep allows the body to rest and restore energy. However, depriving the body of sleep can result in impaired memory and thought processes, depression, a decreased immune response, and a greater chance of being diagnosed with high blood pressure.

A person's lifestyle can also contribute to sleep problems. For instance, people who regularly smoke cigarettes or drink coffee or alcohol are more likely to have sleep problems. Medication, depression or anxiety can also contribute to sleep problems.

Common sleeping disorders include:

- Snoring: a problem where inhaled air rattles over the tissues of the throat which can be a form of sleep apnea.
- Sleep apnea: a condition where the upper airway becomes completely or partially blocked, interrupting breathing during sleep. Severe sleep apnea is associated with high blood pressure and a high risk for heart attack or stroke.
- Insomnia: a problem where people do not get enough sleep at night due to trouble falling asleep; 10 to 15 percent of adults say they have chronic insomnia.
- Restless Leg Syndrome (RLS): a disorder where people feel the need to move their legs or feet, often delaying sleep.
- Narcolepsy: a brain disorder that causes excessive, constant sleepiness during the day.

Sleep problems can be triggered by various issues. For example, insomnia may start as a side effect from stress or medication, but because people can become conditioned to insomnia, it may last far longer than it would otherwise. Snoring can be caused by allergies. Sleep apnea can be caused by abnormal breathing during sleep and is often associated with being overweight.

For more information about sleep disorders or about the Cottage Sleep Lab, call (309) 345-4371 or 345-4370. If you'd like to make an appointment with Dr. Katchen, call (309) 342-7002.