

SLEEP HEALTH

By: DR BEAVERLY ANN

This presentation focuses on why good sleep matters



Table of Contents

1 Importance of sleep

2 Healthy Sleep

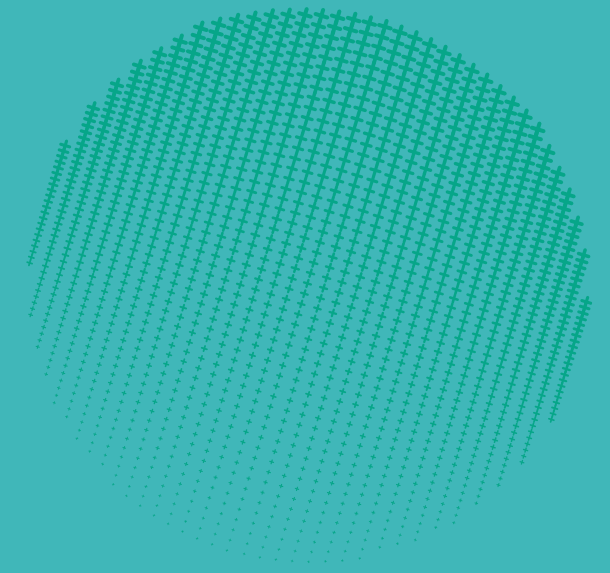
3 Common sleep disorders

4 Insomnia

5 Narcolepsy

6 Sleep Apnea

7 Key take home messages



Importance of sleep

Sleep is essential, just as food and water

Benefits of sleep include;

- ✓ Immune system boost - Good sleep strengthens our immune system, making it easier to fight infections
- ✓ Body repair and healing – when we sleep , our bodies go into “repair mode” allowing muscle recovery, tissue healing and cell regeneration
- ✓ Energy and brain function – lack of sleep leads to fatigue, irritability and poor concentration
- ✓ Long – term Health – Chronic sleep deprivation has been linked to health problems like diabetes, high blood pressure, obesity and depression



Healthy sleep

- ✓ A healthy adult needs around 7 to 9 hrs of sleep. This may vary with age, health and personal circumstances. Some people naturally sleep more than others
- ✓ Teenagers, children and babies need more sleep because they are still growing. This also varies, but it can range from 8 to 13 hours in children and teens and 12 to 17 hours in babies and toddlers.
- ✓ Going to bed and getting up at the same time every day is an example of a good sleeping habit



Common sleep disorders

These are abnormal patterns of sleep

These include:

- ✓ Insomnia
- ✓ Narcolepsy
- ✓ Sleep Apnea

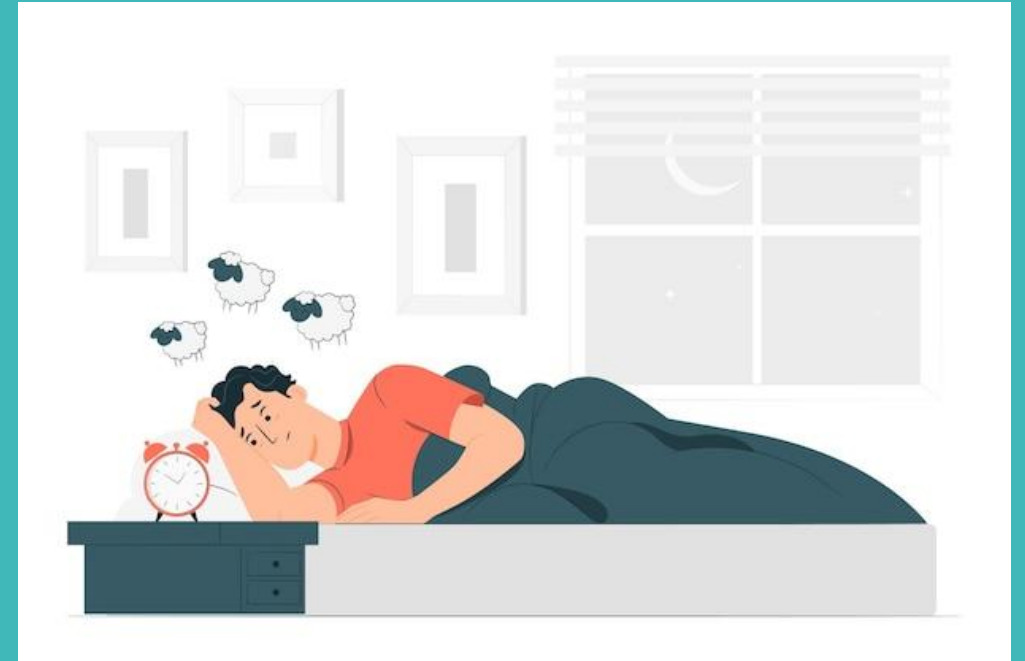
Insomnia

Defined as difficulty falling asleep, staying asleep, or waking up too early

Symptoms include tiredness during the day, irritability, poor concentration

Common causes include;

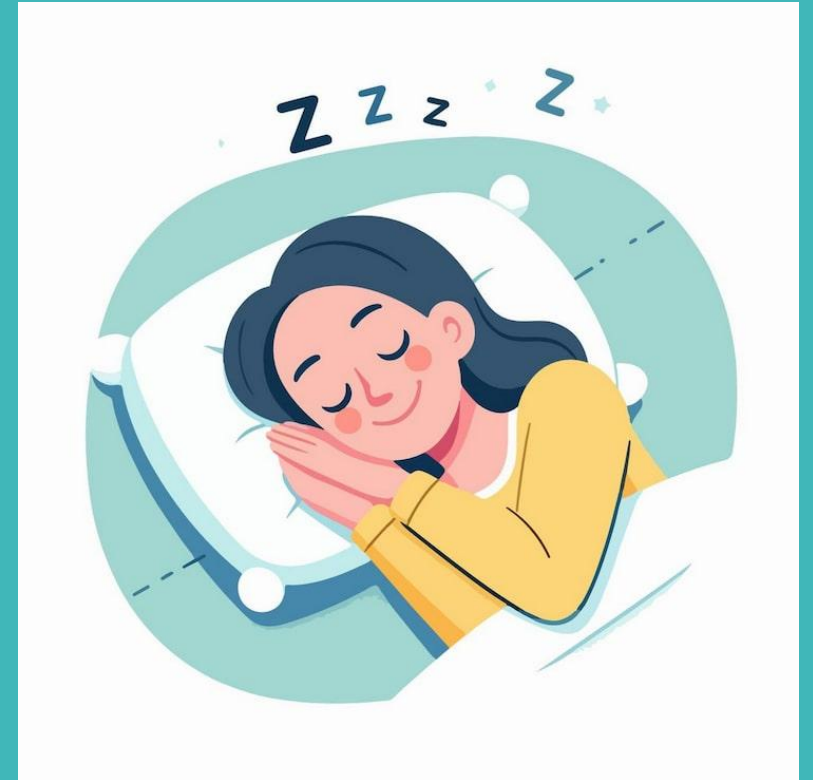
- ✓ Stress, anxiety or depression
- ✓ Noise
- ✓ Irregular schedules
- ✓ Caffeine, nicotine or alcohol
- ✓ Certain medications
- ✓ Sleeping environment e.g uncomfortable bed, room that is too hot or cold
- ✓ Shift work, jet lag



Insomnia *cont..*

Simple tips to help;

- ✓ Keep a regular sleep schedule daily including weekends
- ✓ Avoid screens (phone, TV), caffeine, alcohol, nicotine and heavy meals before bedtime
- ✓ Create a calm, dark, quiet sleeping environment
- ✓ Seek medical help if symptoms persist for more than a few weeks
- ✓ Your doctor may prescribe medication or recommend Cognitive behavioural therapy (CBT)



Narcolepsy

- ✓ This is a rare neurological disorder where the brain can't properly regulate sleep and wake cycles
- ✓ Symptoms include sudden sleep attacks during the day, overwhelming sleepiness and sometimes muscle weakness triggered by emotions
- ✓ It is managed by a doctor or a sleep specialist for diagnosis and management.



Sleep Apnea

- ✓ This is a disorder where breathing repeatedly stops and starts during sleep, often due to airway blockage
- ✓ The most common type are obstructive sleep apnea and central apnea
- ✓ Signs – Loud snoring, choking/gasping during sleep, daytime tiredness, morning headaches, waking up a lot
- ✓ Risk factors are obesity, smoking, alcohol
- ✓ Complications of sleep apnea – increases risk of high blood pressure, heart disease and accidents due to poor sleep



Sleep Apnea - Treatment

- ✓ Sleep apnea can sometimes be treated by making lifestyle changes like losing weight, giving up smoking and reducing alcohol intake.
- ✓ Many people require the use of a CPAP machine that gently pumps air into a mask which you wear over your mouth and nose while you sleep
- ✓ Other treatments can include surgery eg removal of large tonsils



Key Take – Home Messages

- ✓ Sleep is essential for physical recovery and mental health
- ✓ Prioritize 7 – 9 hours of good quality sleep each night
- ✓ Recognize sleep problems early and get help when needed
- ✓ Good sleep means better health for you and your community



THANK YOU

CONTACTS

Phone No:
+254724728468

Website
[https://www.flourishcounsellingser
vices.co.ke/](https://www.flourishcounsellingervices.co.ke/)

Email
info@flourishcounsellingservices.co.ke