

# Q&A

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### SLEEP DISORDERS

#### How many hours should an average adult sleep?

Preferably 7-8 hours, but a minimum of 6 hours.

#### Common Symptoms with sleep disorders?

Snoring, gasping/choking in sleep, weight gain, excessive sleepiness or naps in day, trouble with sleep onset or maintaining sleep, frequent awakenings, headaches, attention/concentration/focus/memory problems, decreased productivity at work.

Sleep talking, Sleep walking, acting out dreams or night mares, sleep paralysis or hallucinations upon awakening or while going to sleep, restless legs, grinding your teeth in sleep etc.

#### What are the risks of leaving a sleep disorder untreated?

Sleep Disorders have been linked to many chronic diseases including diabetes, cardiovascular disease, dementia, obesity and depression. Persons with sleep apnea have been found to be at increased risk for cardiovascular diseases like hypertension, stroke, coronary heart disease and irregular heartbeats. Cardiac arrhythmias have been found to be more common among those with disordered sleep than their peers who sleep normally.

Additionally, sleep apnea and hardening of the arteries (atherosclerosis) appear to share some common physiological characteristics, further suggesting that sleep apnea may be an important predictor of cardiovascular disease. Strokes appear to have similar mechanisms as above and are generally linked to sleep apnea. Laboratory research has found that short sleep duration results in metabolic changes that may be linked to obesity. Epidemiologic studies conducted in the community have also revealed an association between short sleep duration and excess body weight. Studies



have also indicated that depression may decrease once sleep apnea has been effectively treated and sufficient sleep cycles are restored. The interrelatedness of sleep and depression suggests that irregular sleep is a driver for this disease.

Diabetes Research has found that insufficient sleep is linked to an increased risk for the development of Type 2 diabetes. Sleep duration and quality of sleep have emerged as predictors of levels of Hemoglobin A1c, an important marker of blood sugar control. Recent research also suggests that optimizing sleep duration and sleep quality may be important methods of improving blood sugar control in persons with Type 2 diabetes.

#### Other Common conditions associated with untreated sleep problems?

Memory problems, Dementia, Acid reflux, chronic kidney disease, Anxiety, ADHD are some of the other problems associated with poor sleep.

### EXCELLHEALTH SLEEP CENTER

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