



snoringcenter.com

## **Better Sleep, Better Health**

### **Did You Know....?**

- Most people need 8-9 hours of sleep per night.
- The average American gets <7 hours, down from 10 in the early 1900s.
- Losing one hour of sleep every night is like losing an entire night's sleep per week.
- Not getting enough sleep can result in fatigue, depression, obesity, glucose intolerance, and higher risk of fatigue related injuries. Research has shown a direct correlation between quality of mental performance and sleep debt.
- Sleep debt combined with alcohol increases your risk of fatal crashes.
- Staying awake for 18 hours impairs you the same as if you were legally drunk.

### **Tips for a Good Night's Sleep**

- Create an optimal environment that is conducive to sleep.
  - Comfortable bed that is large enough to accommodate you and your partner's normal shifts in position throughout the night.
  - Make sure the room is dark, quiet, and cool enough. An environment that is too warm interferes with falling and staying asleep.
- Avoid stimulating activities close to bedtime that keep you too alert to fall asleep.
  - Avoid paying bills, checking email, reading for work at bedtime.
  - Don't bring work or your laptop into the bedroom.
- Maintain a regular sleep schedule. If you must get off schedule, return to your regular schedule as quickly as possible. If you need to sleep in on the weekends, you're not getting enough sleep.
- Avoid caffeine, nicotine at bedtime. After age 40, you become more sensitive to the stimulating effects of caffeine.
- Avoid alcohol 2 hours before bedtime.
- Establish a relaxing bedtime ritual with a warm bath, warm lowfat milk, herbal tea, or listening to music.
- For difficulty falling asleep, engage your mind with simple repetitive problems or light reading.
- If you can't fall asleep, get up after 30 minutes and go to another room. Avoid the temptation to take advantage of being up to get things done.
- You're getting enough sleep if you have good daytime energy, wake easily without the alarm, and wake feeling rested and refreshed
- If you sleep in on the weekend, you're not getting enough sleep during the week.

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Self Help for Mild Snoring

- Weight loss and exercise to improve muscle tone
- Avoid lying on your back
- Avoid alcohol 3 hrs before bedtime as well as sedating medications
- Decrease acid reflux by avoiding a heavy meal before bedtime and elevating the head of bed by 30-45 degrees.

**About The Snoring Center**

**The Snoring Center<sup>SM</sup>** is a unique medical practice dedicated exclusively to the evaluation and treatment of snoring and sleep apnea bringing more effective, minimally-invasive treatments to the sleep-deprived public. Founded by Craig Schwimmer, MD, MPH, FACS, a Board-Certified Otolaryngologist, it is the world's leading provider of the Pillar Procedure and offers additional office-based treatments for sleep-disordered breathing.

Snoring is more than just an embarrassment and can be indicative of serious health problems. Even mild snoring can disrupt sleep, depriving snorers and their bed partners of the rest they need. Lack of sleep can cause everything from fatigue and short tempers to decreased job performance and auto accidents. The Snoring Center specializes in minimally invasive, office based treatment options. Snoring Center patients benefit from a better night's sleep, improving both their physical and personal lives.

The Snoring Center is **the nation's leading provider of the Pillar Procedure and Turbinate Coblation, and a provider of other, state-of-the-art treatments.**

Open in Snider Plaza in Dallas and The Village at Camp Bowie in Fort Worth, for more information please visit [www.snoringcenter.com](http://www.snoringcenter.com) or call 214-369-2345.

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