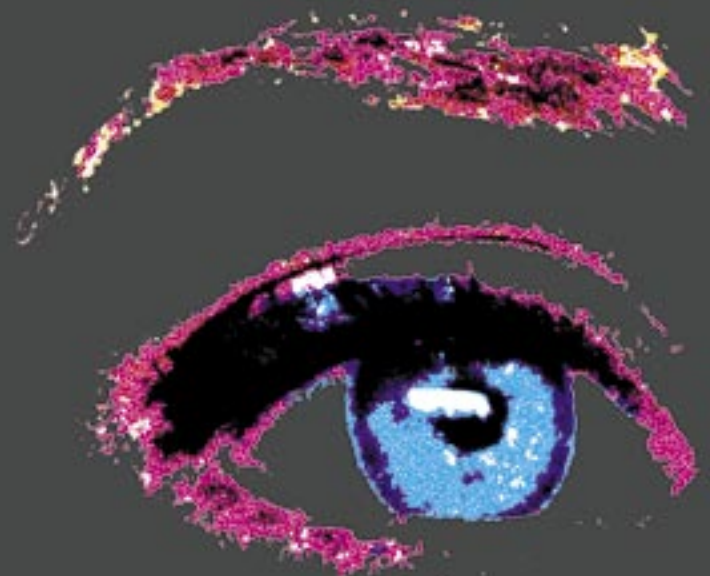


Stages of Sleep

information courtesy of sleepdisorderchannel.net

- 1. person falls in/out of sleep
 - 2. person falls into light sleep, but may awake easily
 - 3. slow wave or delta wave, shows signs of deep sleep
 - 4. similar to stage 3, but more intense delta waves
 - 5. person goes through Rapid Eye Movement [REM], high cerebral activity
- *not all stages go in numerical order, they tend to be interchangeable



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Sleeping Suggestions

information courtesy of mayoclinic.com

- Stick to a schedule- going to bed at the same time each night can improve your body's sleeping cycle
- Limit how much you drink before bed, so you don't interrupt sleep with trips to the bathroom
- Avoid nicotine and caffeine, these stimulants will keep you awake
- Exercise regularly, this will help you fall asleep faster and have a more restful sleep
- Sleep primarily at night, daytime naps could take hours from nighttime sleep



Eyes Wide Open

Sleep disorders cause common sleep loss

Sleep Disorders

Sleep is sometimes viewed as an involuntary part of everyday life, but for some, it's not as easy.

Disorders such as insomnia and sleep apnea are found among many individuals which prevent them from receiving a good night's rest.

Insomnia

According to Kathryn Kane, owner of Sleepwatchers in Antioch, insomnia is a common disorder that is found in about 13% of the adult population.

"Statistics show that 35% of the population experience a bout of insomnia each year, but only 12% of the population suffers from chronic insomnia," said Kane.

Kane also explained that insomnia literally means a lack of sleep, which can be distinguished by the constant difficulty of falling asleep, or staying asleep.

Kane said the side effects of insomnia are "unusual mood swings, feelings of anxiety, muscle aches, inability to concentrate, reduced motivation, and a decreased work performance."

Insomnia may also pose serious hazards for oneself and others. Kane suggests that having insomnia increases the risk of vehicle accidents, poor job presentation, and a decrease of one's value of life.

The causes of insomnia are mainly due to stress. "Many insomniacs report the occurrence of a traumatic event just before the onset of insomnia, continued Kane. "One study calculated

that 74% of people experiencing insomnia can recall a stressful event at the onset of insomnia."

Kane believes that one's lack of maintaining a good sleep hygiene can very well lead to insomnia.

"Sleep hygiene is the combination of many behavioral practices that are conducive to a good sleep," said Kane. "This includes consistent bedtime routine, appropriate sleeping arrangements ... and other appropriate sleeping habits."

Sleep Apnea

Another unfortunate disorder found among many individuals is sleep apnea. One would never believe that people who snore are at risk of having sleep apnea.

According to Kane's Sleepwatchers brochure, snoring is described as the air passing through the throat, and the throat structure vibrating which makes the snoring sound.

Sleep apnea occurs when the tongue could possibly be sucked against the back of the throat.

As a result, the tongue blocks off the upper airway, which then restricts the air flow. If the sleeper realizes what is occurring, they will awake, but more often than not, they do not realize what is happening and may suffocate in their sleep.

Many sleep disorders and their symptoms can be lessened by attending sleep sessions monitored by doctors, but sometimes need the assistance of medication.

An Inside Look

Frank Rano, 19-year-old Lake Villa resident, was diagnosed with narcolepsy nine months ago.

Narcolepsy is a chronic neurological disorder caused by the brain's inability to distinguish sleep/wake cycles.

Rano recalls the first time he felt that something was wrong with him before finding out he had narcolepsy.

"I was either a junior or senior, and I remember riding my car, and then all of a sudden hitting the curb," said Rano. "I had no idea what had happened."

He did not think anything of it at first. Rano figured that dozing off one time is not something to sweat about.

"I was really tired that day because I had to stay longer for work, so I didn't worry about it," said Rano. "It was not long after when he started to doze off while driving again."

"There was this one time where I lost control of the car and literally did a 360, and barely missed the oncoming cars," said Rano. "I started to dread going to work because that meant I would have to drive, and risk getting into an accident."

Things started getting worse for Rano because he did not know the root of his actions.

Then one day, he wished he had never

gone to work.

"I was driving and I fell asleep," continued Rano. "Then I wake up and am looking straight into someone else's windshield. I got into a head on collision; I could have died," said Rano.

He explained the accident to be blurry and not understandable.

"I had no idea what was going on, but something needed to be done." After his near-death experience, his parents mandated that he go to a doctor.

While he attended Lake Forest Hospital, doctors performed numerous sleep tests to finally conclude that he had narcolepsy.

"Every hour, they would have me sleep for a half hour," said Rano. "It was very difficult to stay awake, and I became frustrated with the doctors because I just wanted to sleep."

The doctor recommended that he take pills to make him stay awake during the day.

"I have to base my life on a couple of pills," said Rano. "It gets annoying, but if I don't take them, there's a possibility I could die."

Rano said that the doctors also recommended that he receive a minimum of eight or nine hours of sleep. Rano tries to eat a good breakfast and drink coffee to keep his body awake. Rano described this disorder

as being "uncontrollable." The effects of the disorder make it difficult to do every day activities, even talking to his girlfriend.

"I feel bad for her because she will be talking and I just fall asleep," said Rano. "Let's just say she has slapped me around a few times."

Dreaming is not pleasant for Frano. When he is dreaming, he dreams about driving and then waking up and hitting another car.

"It sometimes feels so real," said Rano.

He described these dreams to be "uncontrollable and freaky," because it could essentially happen to him if he is not cautious.

His parents have been mentors to him through his diagnosis.

"My mom makes sure that I take my pills in the morning," said Rano.

His father continually asks him if everything is okay. According to Rano, this disorder strengthens with age.

"It's going to be something that I have to deal with for the rest of my life," replied Rano. "I have learned to deal with it, but the consequences can be fatal."