

# Sleep News

November 2009

## Here are some important tips for Cold/Flu Prevention:

- *Get Plenty of Rest*
- Steer clear of large crowded, high-traffic areas where viruses can run rampant
- Avoid touching your eyes, mouth or nose with unclean hands
- Wash hands often with antibacterial soap and hot water
- Use an alcohol-based hand sanitizer to kill germs on hands
- Eat a healthy diet, especially full of fruits and vegetables



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## Fight Sickness with SLEEP!

Swine flu, the H1N1 influenza virus, has been declared a pandemic by the World Health Organization. This has caused many people to worry that the virus is unavoidable, that everyone is bound to catch it, and that there will be a high death toll. While many people are sure to be infected with the swine flu, it is not inevitable. In fact, with the right precautionary measures, the risk of contracting H1N1 can be minimized.

There are new studies that have discovered the relationship between lack of sleep and your susceptibility to catch colds and flu. Many studies have documented that chronic sleep loss can increase an individual's vulnerability to infectious diseases. A recent Archives of Internal Medicine study followed the sleep habits of 153 men and women for two weeks. Participants kept track of how long they slept and the quality of sleep they had each night. After the two week period the study group was exposed to cold viruses, the participants who slept on average seven or less a night were three times as likely to become sick as those who slept eight hours or more.

Another article in the September 4, 2008 issue of Science News found that losing even a couple hours of sleep for one night can cause the immune system to weaken.

Considering the scientific evidence of the impact of sleep patterns on the immune system, particularly during the challenging flu season this year, it is important to establish a regular sleep schedule for children and teens in school. The National Sleep Foundation outlines a series of "Sleep Tips" to help parents maintain healthy sleep routines for kids. Implementing relaxing routines before bedtime, creating bedroom environments that are cool, dark and quiet and keeping all electronics out of the bedroom will help kids fall asleep faster and stay asleep longer. The other risk group for the flu is the elderly with 60-70% of patients over the age of 65 complaining of insomnia it becomes more important than ever that sleep issues are addressed.

If you have been suffering from sleeping problems this is the best time to



Speak to your doctor in order to stay healthy. United Sleep Medicine can diagnose and treat any sleep disorder, including Snoring, Apnea, Insomnia, Restless Leg/Limb Syndrome and Childhood Sleep Disorders. With 5 area office locations you are sure to find an office close to you.

There will continue to be plenty of swine flu coverage in the media over the next few months. If you are smart, cautious, and relaxed, you will have little reason to fear.

Call the professionals at United Sleep Medicine for more information.

**704-377 SLEEP**  
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