



The Medical **Bulletin**

Life Style Medicine

Sleep Medicine Pearls

Sleep is important! Sleep seems to be critical for memory formation and to clear certain neurotoxins, but we don't know for certain. Poor sleep doesn't just make you feel tired the next day. Poor sleep may lead to or exacerbate medical comorbidities such as hypertension, heart disease and obesity. Say "No" to diphenhydramine (and other such drugs)! Sedating drugs (i.e. antihistamines) are not the answer! The Z-drugs can be used sparingly, for short periods of time, as an adjunct to cognitive behavioral therapy for insomnia (CBTI).

Sleep hygiene is good, but probably not enough. Sleep hygiene (i.e. avoiding screen time around bedtime, relaxation exercises before sleep) are helpful adjuncts to CBTI but in-and-of-itself, sleep hygiene isn't enough to treat insomnia. OSA in women is different than in men: Women are less likely to be screened for sleep apnea and more likely to have REM-predominant sleep apnea which may be linked to a greater incidence of cardiovascular disease than non-REM-predominant sleep apnea.

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