

The dangers of sleep disorders

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SLEEP disorders are extremely common these days. Having trouble sleeping, waking up feeling exhausted or feeling lethargic during the day are all parts of sleep disorders. In this article, you will learn more about the symptoms and the right treatment for you.



A sleep disorder is a condition that frequently impacts our ability to get enough quality sleep. Some people may experience difficulties falling asleep from time to time due to factors like stress, travel, illness or other temporary interruptions that affect your bedtime routine. However, you might have a sleep disorder if you are regularly having trouble falling asleep and waking up exhausted.

Sleep disorders cause more than just daytime sleepiness, they can affect your daily activities and have a bad impact on your mental and physical health. It can also lead to weight gain, impaired school or work performance, learning disabilities, memory impairment and personality changes.

Quality sleep is not a luxury, but a necessity. When you sleep badly at night, you will feel tired in the morning and it can leave you feeling drained of energy throughout the day. However, no matter how tired you are during the day, you will still have trouble sleeping at night, leading to a continuous cycle. Having the following symptoms on a regular basis are possible indicators of a sleep disorder – difficulty concentrating, often being told by others that you look tired, being slow to react, have trouble controlling your emotions and desiring caffeinated drinks to keep going.

One form of sleep disorder is insomnia. Insomnia can be triggered by stress, environmental factors such as light, noise or extreme temperatures, jet lag, a health condition, medications and even the amount of coffee you drink. In addition, insomnia can also be caused by mental health issues and illnesses such as anxiety and depression.

Sleep apnoea is a sleep disorder that causes your breathing to temporarily stop during sleep and can often wake you. You might not remember the interruptions but you will feel exhausted, irritable and depressed during the day. Sleep apnoea can be considered as a potentially life-threatening sleep disorder if not treated.

Restless legs syndrome is another sleep disorder that causes uncontrollable urges to move the legs, usually because of an uncomfortable, stinging or aching sensation.

Narcolepsy is a genetic condition that causes excessive as well as uncontrollable daytime sleepiness. Narcolepsy can occur at any time of the day while you are performing your daily activities.

Circadian rhythm is the body's internal biological clock that is controlling our 24-hour sleepwake cycle. Light is the primary cue that influences our circadian rhythms. When there is less light at night, the brain triggers the

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release of melatonin, a hormone that makes you sleepy. When the sun rises, the brain signals the body that it is time to wake up. If you have a circadian rhythm sleep disorder, you will likely feel weak, disoriented, and sleepy at inconvenient times.

Shift work sleep disorder is a condition when your work schedule and your biological clock are out of sync. Individuals who work night, early morning or rotating shifts often fall prey to this type of disorder. The work schedules force you to work when your body is telling you to sleep and vice-versa.

Delayed sleep phase disorder is a condition where your body clock is significantly delayed. You will find it difficult to sleep and wake up at normal hours. People with this sleep disorder are not able to sleep earlier than two to six in the morning.

In line with the goal to establish healthy sleep for everyone, Getha has announced the grand launch of Malaysia's only radiation protection mattress – the Getha Compass Collection. The mattress collection comprises three models, namely Getha Compass Gold 100 (firm plush), Getha Compass Green (super soft) and Getha Compass Star (medium firm).

The unique feature of the Getha Compass Collection is the radiation protection technology that protects your sleep from modern-day electronic devices. It gives 24-hour anti-static protection, promoting better-quality rest and building a stronger immune system. Any purchase of five- and six-foot Compass mattress series will be entitled to get a free Biocare Duvet worth RM1,999.

There will also be a purchase within purchase promotion that is valid with a single receipt of RM20,000 and above where customers are eligible to get a Star Luxury Massage Chair for only RM3,888.

Do you live with the above sleep disorders? Learn to help yourself by contacting Getha or through its website. A combination of solutions can help you control your symptoms, enabling you to enjoy your daily activities.

■ For more information, visit www.getha.com.my.