

## Dr. Sato Honma's Presentation on Sleep Disorders

### Interesting Items to Sleep On

Insomnia is not only the inability to sleep but also waking up after a short sleep and then repeated throughout the night, early morning wakening and waking up not feeling well rested.

People can have short sleep cycles and do ok the following day but when the lack of sleep disturbs your normal day activity, then you have a sleep-wake disturbance.

Sleep hygiene is creating a positive surrounding to gain a better sleep. We live with tablets, smartphones and other devices which create a lot of light just before we sleep and these stimulations will play havoc with our depth of sleep, along with consumption of caffeine and alcohol, which are disturbing influences to having a good sleep.

We learned that a nap is okay if limited to about 15 to 20 minutes up until the time of 2:00pm and this type of light napping should not interfere with your sleep at night.

Go to bed at regular times daily and do not go to bed hours later on the weekend but rather try to keep regular times for sleep on all nights.

We learned that Japanese sleep the shortest in the world (hence the many business types and students nodding off on subways, trains and buses). One out of four Japanese suffers from sleep disturbance here in the land of public transport sleeping. If sleeping on transport were to be an Olympic event - Japan would easily walk off with the Gold Medal. Just last week I had a high school female student seated next to me fall fast asleep on my shoulder as if in a zombie like state for an entire hour on the JR train and I just let her doze.

A tip given for good sleep is to keep your bedroom cool for bedtime because we tend to sleep better in a cool surrounding. These are just a few of the many items shared by Dr. Honma. Dr. Honma has one of the few sleep centers in Japan and it can be found right here in the middle of Sapporo.