

## May 26th Presentation on Diagnosis and Treatment of Sleep Disorders

The following are summaries of Questions and Answers

Q. Does the time you eat effect your sleep?

A. Yes. Don't eat too much too late.

Q. Is the usage of CBD (cannabidiol) being explored by sleep scientists as a therapy for sleep apnea in Japan?

A. No.

Q. Is the temperature of the bedroom important for good sleep?

A. Yes. Cooler is better than hotter.

Q. Is meditation before sleeping helpful?

A. It can help lessen anxiety...so, yes.

Q. A question about bedding...

A. No recommendations.

Q. Is herbal tea helpful?

A. Yes.

Q. Are there techniques that can help you fall asleep?

A. For children...no.

For adults...relax...do light exercise...stretching...meditation...

Q. Does insomnia lead to dementia?

A. Yes

Q. I grind my teeth during sleep. What should I do?

A. Go to your dentist and get a mouthpiece made.

Q. Do animals dream?

A. Yes...at least mammals do.

Q. Is sleepwalking normal or should I be concerned?

A. In children – be aware so they don't hurt themselves and they will eventually outgrow it.

In adults – seek help.

Q. I can't move during sleep...I'm in pain when I wake up. What can I do?

A. Relax...do some massage.

Q. Is moving around during sleep normal?

A. Yes.

Q. How can true blind people get their Circadian Rhythm in sync with other people?

A. Social cues will help them re-set their clock.