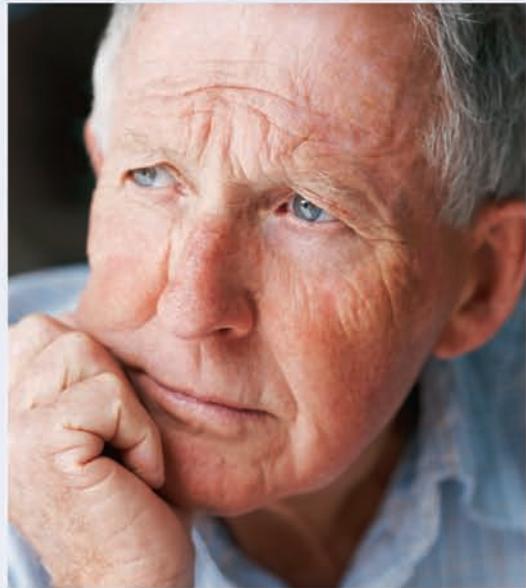


SleepCaptions

Men & Sleep

Like women, the demand on a man's sleep is great. A full night's rest may seem like more of an option than a necessity in the context of a full time career, social life, and possibly a family. A lack of sleep may even be seen as an accomplishment instead of a threat to well being. Worse yet, men tend to minimize the symptoms of sleep disorders when they arise.



Normal Sleep Habits for Men

Late Teens/Early Adults (18-25 years of age):

Teenagers require nine to ten hours of sleep per night, although many do not get it. Very young men may still require that additional hour or so of sleep into their early twenties. The timing of sleep may also be shifted to a later phase of the evening during this phase of life.

Adults (25-65 years of age):

Most adults require seven to nine hours of sleep each night to feel completely rested. There are of course, variations.

Older Adults (18-25):

Older men need the same amount of sleep as they did throughout their adult years. However, the timing of sleep may shift to an earlier phase of the evening.



EDUCATION

SleepMedicine

Do I Have a Sleep Problem?

I have trouble falling asleep.

I have trouble staying asleep.

I frequently awaken throughout the night.

I do not feel rested.

I am chronically tired during the day.

I have a chronic physical or psychological illness.

I have been told that I snore, grunt or make other noises during sleep.

SleepCaptions

Men's Sleep Issues

The following list, though not comprehensive, describes the most common sleep issues faced by men:

Career:

A full-time career sometimes requires more than eight hours per day. Long hours, overtime and weekends may be routine. Long commutes in traffic add several hours per week to an already busy schedule. While at home, paperwork, telephone calls, or work on the computer may further extend the work day. When sleep is finally possible, job-related stress keeps some men awake at night. Both men and women experience sleep issues related to their career. For both, good sleep habits may seem impossible to integrate into the work place.

Full Schedule:

Men who experience sleep problems related to their career are also likely to find their schedules full in other ways. The demands of fatherhood take time, even more so, of course, for single fathers. Although the need for nighttime care diminishes after the first year, single parents are alone at parenting in their household. Involvements such as neighborhood or civic activities, church membership, or social events with family members can easily fill a day. Even healthy goals such as going to the gym for a workout take time. Balancing active time with down time as well as sleep means more compromise than some men are willing to make.

Male Reproductive Issues:

Certain male reproductive problems occur during sleep. Sleep-Related Painful Erections are a parasomnia that involves painful erections during REM or dream sleep to arouse or awaken a man. The absence of non-painful erections during REM sleep, conversely, indicates other health issues. The condition, which is uncommon, is associated with repeated awakenings;

sleep deprivation; daytime tiredness, anxiety or irritability. Diagnosis may be confirmed by a special type of overnight polysomnography at an accredited sleep disorders center. If an underlying illness is found to precipitate the episodes, then it will have to be treated in order to treat this parasomnia. Otherwise, it may be treated with medication.

Pain and Sleep:

Men and women may both experience pain as a result of illness or injury, especially with aging. However, the most likely reasons for their pain differs. Pain related to illnesses such as cancer, arthritis or Gastro Esophageal Reflux Disease (GERD) may disrupt the sleep of either gender. However, back, groin and testicular pain commonly occurs in men. They are likely to injure themselves from lifting or moving heavy objects. Managing pain through lifestyle modifications, good sleep habits and possibly medication will not only improve sleep but maximize good health.



Most Common Sleep Disorders in Men

Obstructive Sleep Apnea (OSA)

REM Sleep Behavior Disorder

Jetlag

Poor Sleep Hygiene

Restless Legs Syndrome (RLS)

Advanced Sleep Phase Syndrome (in men)

Shiftwork

Snoring

SleepCaptions

Male Sleep Mechanics

Both men and women must reconcile a busy schedule with the need for sleep. A man's sleep is further impacted by male reproductive issues and lifestyle. Long work hours couple with family commitment contributes to the lack of sleep in men. Additionally, the hormones regulating the male reproductive system can interact with the type of neurotransmitters (brain chemicals) that stimulate wakefulness or promote sleep.

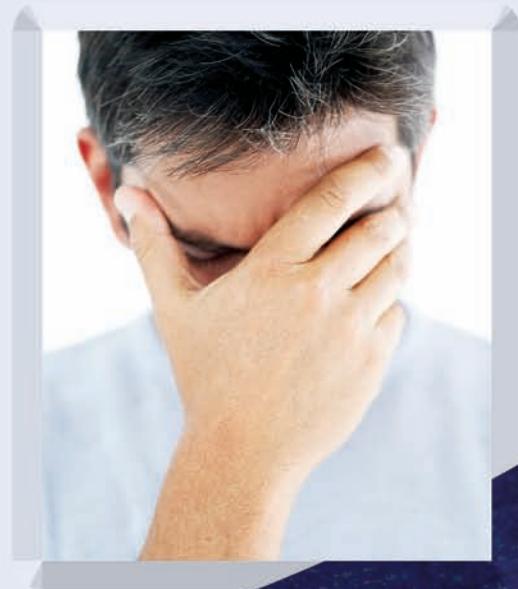


Risks for Men's Sleep Problems

- ✓ Illness
- ✓ Pain at night
- ✓ Snoring
- ✓ Anxiety or depression
- ✓ Another sleep disorder
- ✓ The use of certain medications

Effects of Men's Sleep Problems

- ✓ Worsening symptoms of illnesses
- ✓ Poor job performance
- ✓ Increased likelihood of vehicle accident



Need more information?

Visit the SleepMedicine Education web site at: sleepmedicineeducation.com for additional publications. See also:

SleepIssues: "Men and Sleep"
"Sleep and Health"
"Aging and Sleep"

SleepGuides: "Treating Sleep Disorders"

To schedule an appointment at any Sleep Medicine Centers location, visit www.sleepmedicinecenters.com or call:

(716)92-DREAM
(877)53-SNORE

Did You Know?

A study in the Journal SLEEP reports that men with chronic insomnia who slept for less than six hours per night were four times more likely to die during the 14 year follow-up period.

The National Highway Traffic Safety Commission found that men (52%) were more likely than women (30%) to report ever haven fallen asleep while driving.

In middle age, as many as 24% of men experience obstructive sleep

apnea, according to the Wisconsin Sleep Cohort Study.

According to the American Academy of Sleep Medicine, REM Sleep Behavior Disorder is significantly more prevalent in men, especially after age 50.