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Is It Really A Problem!

Sleep is an essential need for a healthy mind, because- Healthy mind stays in a healthy body and a healthy body needs proper sleep with good quality. According to ICSD (International Classification of Sleep Disorders)- 10 Insomnia is the term commonly referred for sleep deprivation which means an individual must sleep for the appropriate duration at the appropriate time with special reference to the quality of sleep¹. Sleep is critical for the proper functioning of the body, including immune function, tissue healing, pain modulation, cardiovascular health, cognitive function, and learning and memory².

Do We Really Need A Treatment

Many times sleeping issues arise within just 2 weeks is not an illness though no treatment is needed adapting sleep hygiene habits is necessary for self-care if it persists longer without any obvious reason like pain or other comorbidities then surely conservative non-pharmacological treatment is surely needed to control the illness.

Are We Riding the International Recommendations?

According to European guidelines for the diagnosis and treatment of insomnia¹ CBT-I including various psycho-physiotherapeutic approaches & sleep hygiene education considered as safe first-line treatment of insomnia, with no serious side effects can be used in combination with pharmacotherapy in some cases¹

Sleep Hygiene Education (Ancient Practice /Scientific Advancements)!

Sleep Hygiene education is considered as good sleeping habits. Many times these habits are as similar as practiced by saints.

Making a fixed sleep schedule for sleeping and waking & early morning awakening

In Jainism light & early evening dinner is suggested.

Avoid tea/cafeinated drinks at night (before the invasion of British In India it was used by monks to maintain alertness during prayer).

Must have a cool, peaceful, and comfortable environment for sleep

No Eating over sleeping area (bad stimulus for sleep).

Reduce screen time worrying or preparing for tomorrow at bed

Tobacco, cigarette & alcohol are injurious to health (Always prohibited in all religions)

Is Physiotherapy an Alternate

APTA recommends Physiotherapists to screen clients for the 3 most common sleep disorders, provide sleep hygiene education, appropriate exercise program, positioning to promote sleep quality, and address bed mobility issues to promote health and wellness²

Physiotherapists use Various Electro Physical Agents that potentially improves sleep like CES, t-DCS, Occipital stimulation therapy, Photic stimulation therapy, along with Mindfulness, SRT, SCT, Relaxation⁵ alone or as adjunct with pharmacotherapy

Do we Really Practice A Collaborative Approach?

As sleep medicine is a growing area in most developing countries like India specialist sleep physicians are not available in many places though this problem is commonly overlooked during the general examinations while patients visit to physicians, this leads to negative outcomes of treatment.

Conclusion

Training of GPs, physiotherapists, & psychologists is needed at a large level to make them skilled in treating and assessing such disorders. More sleep specialists are needed as it is the 11th global mental illness that affects the population.

Consulting physiotherapists early for sleep disorders must be done to reduce the cost of treatment and unnecessary side effects of medicines wherever possible.

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