

Wellness

Is the integration of physical, mental, spiritual, financial, and intellectual pillars of well being in an attempt to improve and maintain a quality life.



Physical Wellness



Healthy Diet

What we eat, when we eat,
and how much we eat



Exercise (controlled)

How often, how long, how
specific to our needs



Sleep (good-restorative sleep)

Quality and Duration

DIET

70% of Americans are overweight or obese.

60 million people will be diabetic by 2050.

40% all ready have chronic diseases; heart disease, hypertension, type 2 diabetes

EXERCISE

Only 50% of Americans adults achieve necessary physical activity. Reduced exercise leads to an increased rate of premature deaths from

heart disease and strokes. Studies have shown improvement in these outcomes with exercise. Also the risk for Alzheimer's, anxiety and depression show improvement with regular exercise.

SLEEP

Americans do not get enough sleep with 30% sleeping less than 7 hours a night. **The poorest state for adequate sleep in the US is Hawaii!**

Sleep medicine has historically addressed specific disease treatment like other specialties and did not consider the significance of sleep in our overall health. Diagnosing and treating specific disorders (sleep apnea, insomnia, narcolepsy etc.)most effectively requires an appreciation that reduced sleep is associated with a broader impact on our daily living than just sleepiness and /or fatigue. Good sleep is essential to good health. The symptoms of disordered sleep include the entire spectrum of physical and mental illness. Treating sleep disorders has to be part of a broader attempt to provide the elements necessary for true physical wellness and requires an appreciation of how the 3 pillars are co-dependent in providing wellness.

Better Health Sleep Medicine:

Better sleep

Sleep is affected by composition of diet, timing of diet and modifications related to the effects of exercise. Sleep is often overlooked because we can get less than we need and still survive. We spend 1/3 of our lives sleeping which is a highly active metabolic and essential time for our bodies.

Sleep medicine service has been provided as a focused specialty care until recently. Patients may require multiple specialty visits but without attempting to provide a comprehensive plan of evaluation and treatment and once done without good follow up. Our evaluation and treatment has evolved to an attempt to address your sleep problem providing an approach treating your over all health and wellness.

There are over **100 sleep disorders** but the most common patients have insomnia or sleep apnea. (additional sleep disorders- consultation and treatment is also provided as well).

Insomnia | Consultation Treatment; Cognitive behavioral therapy–and Neuro biofeedback **Sleep apnea | Consultation**

*Sleep studies - 3 study forms

*Sleep studies I,II,III- they are NOT equal in the information they provide so it is important that the right study for you is recommended not by cost or convenience but related to your symptoms and medical history.

Type I - in laboratory setting Type III -home studies

*Type II are a more complicated home studies that can provide equal diagnostic info to a Type I study but done at home.

We have introduced this service to Hawaii. This will continue to grow as it becomes easier to provide at home.

Interpretation of the sleep study to determine what form of treatment will

most likely benefit this patient.

Nutrition and Basic Exercise- screening and recommendations is part of sleep medicine comprehensive concerns.

New Therapy Protocols and Treatments: The first drug therapy for OSA has been introduced. **Tirzepatide** (Zepbound) a GLP-1 medication for diabetes and weight loss has been shown to reduce the marker for sleep apnea (AHI) in those with moderate to severe sleep apnea.

Programs are being developed for evaluation and treatment , patients will need programs for follow up as the insurance companies define eligibility. Factors such as how long to treat and how much improvement needs to be shown to eliminate or continue therapy still has not been clarified. Additional drug treatments are in development and new therapy changes developing.

CPAP (+)- this is a program of re-evaluation of people who believe that they can not use PAP therapy. Diagnosed with sleep apnea and recommended to use CPAP. Traditionally the remedies for improvement have been limited to changing the mask, pressure, adding or taking away humidification. This program is based on the fact that there are many other factors affecting people's ability to wear **PAP** therapy. Patients with allergies, deviated septum's, insomnia, chronic pain–although focused on their **PAP** therapy as a cause of their disrupted sleep. This program has been developed to try and educate people to these other concerns getting them evaluated and treated by the appropriate services This will again require the availability of the other specialty services to address some of these problems.

One of the downsides of tolerating reduced sleep as well as we do is our developing a belief that it cant be so bad if we can still function when not sleeping well. **But that's not true.** Sleep is a vital and needed process and is directly related to good health and longer life we should not ignore.