

The Secret to Slimming Down for Summer: Get Your Zzzs!

The National Sleep Foundation and Dr. Michael Simmons Offer Tips for "Sleeping into a Slimmer Summer"

May 2008- For millions of Americans, shedding unwanted pounds is a top priority, especially as the summer swimsuit season approaches. That's why the National Sleep Foundation (NSF) and **Dr. Simmons** are reminding Americans that spending more time between the sheets may be the secret to slimming down and looking great on the beach or by the pool.

People tend to forego sleep in order to make time for a work-out or other daily activities and it is often overlooked as an important factor in the battle of the bulge. "Many do not realize that skimping on sleep can actually make it harder to lose weight," says Meir H. Kryger, MD, Chairman of NSF's Board of Directors. "Research suggests that even a modest amount of sleep deprivation can increase appetite by altering the behavior of the hormones leptin and ghrelin, which are responsible for regulating metabolism. As a result of sleep loss, people may experience stronger cravings for carbohydrates and calorie-rich comfort foods such as cookies and chips, which can lead to weight gain." Recent research suggests that people who sleep less may also produce more insulin, which puts them at higher risk of developing Type 2 Diabetes. Diabetes and obesity are both on the rise in the U.S., causing many Americans to suffer serious health complications. In order to help fight these conditions and promote healthy lifestyles for all Americans, NSF and **Dr. Simmons** are sending a wake up call to remind people that sleep is as important as diet and exercise ... only easier!

"Healthy sleep is a part of an antidote for the obesity and diabetes epidemics in America," says Kryger.

In addition to mounting scientific evidence, the results of NSF's 2008 *Sleep in America* poll, released in early March 2008, suggests that sleep loss and obesity are linked. According to the poll, people who are overweight/obese are more likely than people of normal weight to spend less time in bed on workdays (6.82 hours vs. 7.12 hours) and to sleep less than 6 hours per night (17% vs. 12%).

NSF's 2008 poll also reveals that having a weight problem can have a negative impact on one's health and safety. According to the results, those who are overweight/obese are more likely to: Have been told by their doctor that they have a sleep disorder (18% vs. 6%).

- Have driven drowsy at least once a month in the past year (35% vs. 26%).

- Be at risk of having a sleep problem such as obstructive sleep apnea (20% vs. less than 1%) and restless legs syndrome (14% vs. 4%).

For people with sleep disorders, getting adequate sleep may require the help of a healthcare professional. But for many Americans, healthy sleep can be achieved with just a few simple steps. Try these tips for better Zzzs:

- Make sleep a top priority – getting optimal sleep allows you to feel your best and be productive. Healthy sleep also helps to regulate your metabolism.
- Maintain a consistent sleep schedule – going to bed and waking up at the same time every day keeps your biological clock in tune.
- Establish a relaxing bedtime routine – a regular routine, such as having a bath or listening to soothing music, can help you fall asleep and stay asleep.
- Use your bedroom only for sleep – clear your bedroom of distractions such as computers, phones and other "sleep stealers" in order to create a positive sleep association with the bedroom.
- Avoid foods and drinks high in caffeine (coffee, colas and tea) for at least eight hours prior to bedtime, and avoid alcohol for a few hours before bedtime.
- Exercise regularly, but finish your workout at least three hours before bedtime.

If you are experiencing a sleep problem, such as difficulty falling asleep or staying asleep, or if you suffer from chronic daytime sleepiness despite allowing adequate time for sleep, talk to your healthcare professional. For more information about sleep and sleep disorders, and for more results of NSF's 2008 *Sleep in America* poll, visit <http://www.sleepfoundation.org/>.

About The Dental Office Tarzana:

Dr. Michael Simmons, D.M.D., a highly respected and established dental professional for almost thirty years and educator since 1987 at UCLA School of Dentistry, has dedicated himself to rigorous study and research in the areas of sleep apnea, orofacial pain, and TMJ, providing patients with the most exceptional and professional care available in the San Fernando Valley area.

Along with a very courteous and helpful staff at his practice, Dr. Simmons offers snoring and sleep apnea patients equally effective alternatives to CPAP (continuous positive airway pressure) machine, including oral appliances, behavioral approaches and combination therapy including oral appliances and reduced pressure CPAP, which are all explained on his website at www.CPAPorCUs.com.

Dr. Simmons also coordinates treatment with other healthcare providers for better treatment outcomes by combining the different specialty approaches. This often includes pulmonology, neurology, psychology, otolaryngology, oral surgical and nutritional approaches.

He is committed to the long-term care and health conditions of his patients, believing each patient's sleep should be as comfortable and healthy as possible. Dr. Michael Simmons is committed to provide exceptional sleep apnea treatment and public awareness about snoring and sleep apnea, serious and sometimes life-threatening conditions included in the sleep disturbances that affect over 1/3 of the adult population.

Although the public's awareness of snoring and obstructive sleep apnea is steadily growing as featured health awareness media continues, education of available treatment options and knowledge of medical professionals that are specifically trained to provide treatment for these serious conditions are not being equally publicized. Sleep apnics and snorers are most often not provided with information on how specially trained dentists like Dr. Simmons can provide effective and safe treatment.

In a public awareness effort, beginning in 2008, Dr. Michael Simmons has been lecturing in the Los Angeles area on his sleep apnea treatment procedures and relating medical findings. He is focused on communicating the serious health risks associated with snoring and sleep apnea to the public as well as dental and medical professionals. His initial lectures at the AV hospital and Odyssey in Granada Hills were well received and the next upcoming lecture dates are to be determined.

In addition, Dr. Michael Simmons is the cofounder of the multidisciplinary Sleep Group ISMNT (Integrated Sleep Medicine Network Team) that coordinates care on simple to complex medical problems that involve all manner of sleep disturbances. More information about this group can be found online at www.doctorsagainstdrowsydrivers.com.

Dr. Simmons also has several collaborative treatment referral relationships with medical colleagues that refer non-compliant CPAP machine treated sleep apnea patients to receive his alternative care, specifically oral appliances known as MRP (mandibular repositioning) and TRD (tongue retaining devices) appliances.

Dr. Simmons would like to welcome anyone suffering from snoring or sleep apnea to schedule with him at his facility, or contact him online from his website www.drmicroelsimmons.com.

About NSF:

The National Sleep Foundation (NSF) is an independent nonprofit organization dedicated to improving public health and safety by achieving greater

understanding of sleep and sleep disorders. NSF furthers its mission through sleep-related education, research, and advocacy initiatives. NSF's membership includes researchers and clinicians focused on sleep medicine as well as other professionals in the health, medical and science fields, individuals, patients and more than 800 sleep clinics throughout North America that join the Foundation's Community Sleep Awareness Partners program. For more information, visit, <http://www.sleepfoundation.org/>.

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