

A good night's sleep

If sleep problems start to interfere with daily life, they might be the sign of a sleeping disorder. **Lack of** quality sleep can have a negative impact on both physical and emotional health.

Even minimum loss of sleep can **affect mood**, energy and the ability to deal with stress situations. Ignoring **sleep deprivation** can lead to road traffic accidents, poor health, **impaired** concentration, and stress in **relationships**. There are various different types of sleeping disorders ranging from insomnia, one of the most common types, to sleep apnoea a potentially **life-threatening** condition. **Regardless** of which type of sleeping disorder one has, it is possible to break the **vicious circle** in a gentle way ...

Male pharmacy customer: Hello.
PTA: Hello.

Do you speak English?
Yes, a little. How may I help you?

I've been having problems sleeping and a friend of mine recommended that I go to a pharmacy for advice.

Good idea! When you said sleeping problems what did you mean exactly?

I wake up in the middle of the night and it takes me ages to get back to sleep. Because of this I get tired and irritable during the day.

That could be a sign that you have a sleeping disorder. It might also indicate that your normal sleeping **pattern** has been **disturbed** in some way.

Such as?
Such as jet lag, **working shift**, and having the wrong bedroom climate. Things like your laptop, or Smartphone or having a TV or radio in the bedroom don't help either.

Well I certainly don't have jet lag! And I don't work shifts. What about bedroom climate?
The temperature should be between 16 and 18 °Celsius, there should be fresh air, but not cold air. And the room should be dark.

I see. What about TV, Smartphone and co.?

Studies have shown that having any type of electronic **device** in the bedroom can lead to sleeping problems. People who have a TV in the bedroom tend to watch TV longer than they would in the living-room. There's also the danger of "just checking" my mails, or sending a few messages on my phone before going to sleep. There's the additional problem of falling asleep with the TV on.

Why? What's so bad about that?

Sleep is regulated by light. If you have an additional light source in the bedroom, such as a TV that's left on, or the **leds** on your laptop, they are going to interfere with your sleep. You see, at night when there is less light, the brain triggers the **release** of melatonin, which is a hormone that makes you sleepy.

What do you recommend?

I can recommend these **valerian** tablets.

How often do I need to take them?

Just take one every evening half an hour before going to bed. It really helps if you try to go to bed at the same time every evening, as it helps to get you back into a sleeping rhythm. If your sleeping disorder continues longer than two weeks, I would recommend that you consult a doctor. Here you are.

Thank you very much for your advice. Goodbye.

Bye, bye! ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

lack of	Mangel an (etwas)
affect	beeinflussen
mood	Gemütslage, Stimmung
sleep deprivation	Schlafentzug
impaired	beeinträchtigt
relationships	(zwischenmenschliche) Beziehungen
life-threatening	lebensbedrohlich
regardless of	ungeachtet
vicious circle	Teufelskreis
advice	Rat, Ratschlag
tired	müde, ermattet
irritable	gereizt, reizbar
pattern	Muster
disturbed	gestört
working shift	Schichtarbeit
device	Gerät
leds	Leuchtdioden
release	frei setzen
valerian	Baldrian



Kytta®

Mit der heilenden
Urkraft der Natur

NEU gierig?

Ab Juni 2013

Neues von Kytta® –
Seien Sie gespannt!

MERCK