



**St. John's
Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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ST. JOHN'S SLEEP CENTER ADVISES "TURNING OFF" TECHNOLOGY FOR BETTER SLEEP

National Sleep Awareness Week is March 3-10

SPRINGFIELD – To celebrate National Sleep Awareness Week from March 3-10, St. John's Sleep Center is recommending "turning off" electronic devices to get better sleep. The American Academy of Sleep Medicine estimates that one in five adults fail to get enough sleep.

According to Jerry Reedy, MD, medical director of St. John's Sleep Center, how much sleep is required varies from person to person based on age, health, and other factors. "It is currently believed that 'core' sleep needed to maintain stable waking neurobehavioral functions in healthy adults is 7-8 hours per night," said Dr. Reedy. "Less puts a person at risk for consequences of sleep deprivation."

Devices that are meant to make life easier and more entertaining can also make us more sleep deprived. Communication devices, such as cell phones, iPads, and video games, emit artificial light that suppresses release of melatonin, the sleep-promoting hormone. "This suppression enhances alertness, making it difficult to fall sleep," said Dr. Reedy. "It's difficult for the body to go from full speed to a standstill without slowing down first. Dimming lights and turning off devices an hour before bed time can help."

Dr. Reedy advises the average adult needs between seven and eight hours of sleep each night, but says there are many reasons why people don't. "Some sleep deprivation is the result of personal choice – such as staying up to check e-mails or play games – but for other people there are physical inhibitors to falling and staying asleep," he said.

St. John's Sleep Center can help diagnose and treat several common sleep disorders, including:

- obstructive sleep apnea
- periodic limb movements of sleep
- nocturnal seizures
- narcolepsy
- other sleep disturbances

For more information on St. John's Sleep Center and how we can help students, adults and children with sleep disorders visit www.st-johns.org/services or call (217) 757-6ZZZ (6999). The St. John's Sleep Center is located in the St. John's Health Center – South 6th Street (1100 East Lincolnshire Boulevard, Springfield).

ABOUT HOSPITAL SISTERS HEALTH SYSTEM

Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and in Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit www.hshs.org.

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