

Sleep and Physical Health

Montrose Regional Health Sleep Clinic • (970) 240-7101

Experiencing Trouble Sleeping?

Good sleep is critical to your overall health and well-being. When your sleep is poor, it is possible that the cause is a medical issue. In other cases, sleep disorders can be the cause of health issues.

Could a Health Issue be Causing my Sleep Disorder?

Various medical conditions can contribute to sleep problems or worsen existing issues.

Hyperactive Bladder or Enlarged Prostate:

Men and women with hyperactive bladders and men with enlarged prostates will need to urinate more frequently during the night. These awakenings interrupt sleep.

Heartburn: Acid Reflux is the primary cause of heartburn, and discomfort can lead to waking during the night. If you have a burning pain in your lower chest or coughing fits, you may be experiencing heartburn. This discomfort may spread to the throat or neck.

Pain: If you suffer from chronic pain due to an underlying medical condition, such as arthritis, cancer, or headaches, you may have trouble falling or staying asleep.

Asthma: Asthma is a condition which causes inflammation of the airways and often becomes worse at night. If you have been diagnosed with asthma, it is possible that you are waking during the night and not realizing.



Fibromyalgia: Those with fibromyalgia suffer from chronic pain. This pain leads to sleep problems that may cause them to wake up tired even after a full night's rest.

Heart Failure: Patients with congestive heart failure have an increased risk of having a sleep disorder. Central Sleep Apnea (CSA) is especially common in those with heart failure. Symptoms of CSA including disrupted breathing patterns, waking up out of breath, morning headaches, and daytime sleepiness. There are many treatments for CSA that you can discuss with one of our experts at the MRH Sleep Clinic.

Parkinson's Disease: Patients with Parkinson's Disease often have sleep problems. They may find that it is difficult to fall asleep and stay asleep due to involuntary movements at night. People with Parkinson's are at an increased risk of having an REM Behavior Disorder, or RBD. Those with RBD may act out their dreams while sleeping, causing potential harm to themselves or their bed partners.

Chronic Kidney Disease: Patients with chronic kidney disease experience sleep problems at higher rates. Kidney disease can cause pain and anxiety that lead to difficulty falling and staying asleep. It is possible to have an iron deficiency that can lead to disorders such as Restless Legs Syndrome. Speak to one of our Sleep Specialists at the MRH Sleep Clinic to assess if any of the previous medical conditions could be negatively affecting your quality of sleep.



Is a Sleep Disorder Potentially Causing my Health Problems?

Obstructive Sleep Apnea: Obstructive Sleep Apnea, (OSA) is a very common sleep disorder. Those who suffer from OSA experience a collapsing of the airways partly or completely while sleeping. Air is blocked from reaching the lungs, resulting in a lack of oxygen. Your brain signals your body to wake you so you can begin breathing again. Frequently waking at night is linked to daytime sleepiness. Additionally, the lack of oxygen to the brain negatively affects your health. You may suffer from OSA if you find that you snore frequently or loudly, are excessively tired during the day, or you choke and gasp for air while you are sleeping. Speak with one of our specialists if you suspect you may have OSA. There are various treatments available, such as Positive Airway Pressure (PAP) and the Inspire Procedure. Osa is serious. If left untreated, it can lead to a variety of different health problems. Treatment can lead to a longer life for people with OSA.

Hypertension (High Blood Pressure):

Leaving OSA untreated can lead to high blood pressure. If you have OSA, taking a medication might not be sufficient to improve high blood pressure. PAP therapy and the Inspire Procedure can help decrease blood pressure. Untreated OSA can lead to other serious conditions such as coronary artery disease, strokes, heart attacks, and diabetes. Learn about your treatment options today.