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Learn more about sleep disorders center by Michael Ullmann

Article published on December 14th 2011 | Health

Sleep disorder has become a common disease in the US. Because of todayâ€™s hectic and stressful lifestyle most people are falling prey to this disease. Sleep disorder takes a heavy toll on the human body. It badly affects ones daily routine and hampers ones ability to perform normally.

Effects of sleeping disorders

Sleep disorders leads to day time fatigue. While poor sleep at night makes one sleepy throughout the day, it also has a bad effect on ones emotional balance. Because of day time fatigue one tends to become irritable. Other impact includes loss of weight and vulnerability to several diseases like hypertension, impotency etc.

According to a latest report published by the Institute of Medicine over seventy million Americans suffer from sleep disorders. This count, however, does not include millions of others who are sleep deprived. The study highlights that a number of serious diseases such as heart disease and schizophrenia can be straightaway linked to sleep disorders. The report emphasizes on the importance to learn about the signs and symptoms of common sleep disorders, so that it can be nipped in the bud. To cope with this problem, several sleep disorders center have come up across the country. Several medical facilities now have a separate wing to treat sleep disorders.

Sleep disorder Centers are diagnostic labs where the disease is treated with the help of advanced technology. Patients suffering from sleep disorders have to undergo several sleep related tests under simulated conditions. The testing analyzes the patient's level of disorder, and helps physicians zero in on the correction procedures. Snoring, for instance, is treated with the help of advanced Radiofrequency or Pillar Palatal Implant Technique.

The most common sleep disorder in the US is insomnia. About 30 million Americans suffer from insomnia. The next problem on the pecking order is snoring and Obstructive Sleep Apnea (OSA). This disease afflicts over 6 million people. Sleep apnea sets in with mild symptoms like weight gain and fatigue. Unless addressed timely, it may result in depression, high pressure and stroke.

Sleep disorder is a major disease that requires immediate medical attention.

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The Sleep Wellness Center of New York was established by a team of cardiologists, pediatricians, pulmonologists and internists to address the growing need for research, diagnosis and treatment of sleep disorders including Sleep Apnea, Restless Leg Syndrome, Insomnia, Narcolepsy, and Snoring. For more information visit http://sleepwellbewell.com/

Article Keywords:

Sleep Disorders, Sleep Apnea, Insomnia Disorders, Restless Leg Syndrome, Narcolepsy, Sleep Disorder Clinic, Sleep Study Center, Sleep Centers, Sleep Disorders Center

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