**QUALITY OF SLEEP**

1. **How many hours of sleep per night do I need ?**

There are no official recommendations about how much sleep you should get. **Adults usually need around 8 hours of sleep each night for an optimal daytime functioning**, although some people require more or less sleep.

1. **What are the causes of poor quality of sleep ?**

A lot of different factors can influence the quality of your sleep, such as :

* Lifestyle factors: jetlag, shift work, drinking caffeing late in the afternoon, unconfortable sleeping environnement, change of routine…
* Stress, family or work problems, anxiety or depression
* Pain
* Medical conditions: hyperthyroidism, acid reflux…
* Medications: thyroid hormons or steroids, that you should take in the morning

A poor quality of sleep can also be a symptom of **sleep disorders**, such as sleep apnea or restless legs syndrome.

1. **What is sleep apnea ?**

Sleep apnea is a medical condition in which **breathing repeatedly interrupts during the night**, leading to fatigue, day-time drowsiness, and cardiovascular issues.

It can be classified as obstructive or central sleep apnea. **Obstructive sleep apnea** is caused by a blockage of the airway during sleeping time, and is often associated with snoring or gasping for air while sleeping. **Central sleep apnea** is a rare disease defined by pauses in breathing due to a lack of proper signals from the brain to the muscles that control the respiratory efforts.

1. **What is restless legs syndrome ?**

Restless legs syndrome is characterized by an **irresistible urge to move the legs** in the evening and during nighttime hours, usually because of an unpleasant sensation. It leads to a poor quality of sleep.

1. **What are the consequences of sleep deprivation ?**

Sleep deprivation can be a cause of **fatigue**, **day-time drowsiness**, **cognitive dysfunction** such as memory or concentrations difficulties, **slower reaction time** that can lead to accidents, **headache**, **irritability**… It has also been associated with a higher risk of **cardiovascular diseases**.

1. **How to improve insomnia or quality of sleep ?**

First, you can talk about it to a healthcare professional that could evaluate the severity and the causes of your sleep issues and give you personalized management recommendations.

Sleeping drugs can be prescribed if insomnia is severe or persistant, but should be taken only for a short time, because some patients become addicted.

Here are some simple sleep habits that could help you getting a better night’s sleep :

* keep regular sleep hours
* make sure your bedroom is dark, quiet and not too hot
* minimize screen time before bedtime
* exercise regularly
* avoid late big meal, coffee and alcohol before going to bed
* try to relax before bedtime