



DROWSINESS

Sleepiness

INADEQUATE SLEEP

Most people need around eight to nine hours of sleep each night. Getting less than this amount of sleep is the usual cause of drowsiness during the day.

Symptoms:

- Sleepiness
- Inability to focus

DO:

- Adjust your schedule and try to get enough sleep each night.
- Regularize your sleeping times. Try to go to bed and wake up at regular hours every day.
- Try to take midday naps, if your schedule will allow it. A quick 20-minute nap will likely be enough to reenergize you.
- Exercise, as this contributes to your over-all well-being.

DON'T:

- Don't drive if you are feeling drowsy.

EARACHE

Pain in one or both ears

CAUSES

INFECTION

If other symptoms displayed include fever or in some cases a sticky fluid is discharged from the ear, then it is likely that the earache is being caused by an ear infection. These are common in children, and may be due to bacteria. Antibiotics are needed to counteract the infection.

Symptoms:

- Severe pain in one or both ears
- Fever
- Yellow or green sticky discharge from the ears
- Bloody discharge, in some cases



Antibiotics are usually prescribed by doctors to counteract the infection.

DO:

- Try over-the-counter pain relievers like ibuprofen and acetaminophen.
- If the symptoms do not subside in two or three days, seek help to determine if antibiotics are needed to combat the infection

DON'T:

- Don't travel by plane if you have an ear infection, or an earache.



EARACHE

Pain in one or both ears

CAUSES

INFLAMMATION OF EAR CANAL

This is an outer ear infection that occurs when the ear canal is inflamed, usually due to moisture or injury. This condition is rarely serious and usually heals quickly. It is also called “swimmer’s ear” because water in the ear after swimming may trigger the inflammation. Another possible cause is injuring the ear canal while removing earwax.

Symptoms:

- Pain in one or both ears (especially when earlobe is pulled)
- Swelling in ears
- Clear or yellowish discharge
- Some hearing loss
- Some itching

DO:

- Try over-the-counter pain relievers like ibuprofen and acetaminophen to help with the earache.
- Shake your head after swimming to get rid of excess water in your ear.
- Keep the ear canal from moisture or any wetness as long as it is still infected.
- If your ear discharges fluid, wipe it gently with a cotton bud.
- Seek help if the pain does not subside within two days, or if it becomes severe.

DON'T:

- Don't travel by plane if you have an ear infection or an earache.

EAR (RINGING IN)

A ringing or buzzing noise heard in the ear

LOUD NOISE

The most common cause of *tinnitus* (or ringing in the ears) is exposure to a loud noise. A sudden loud noise or exposure to loud music on earphones, for example, can cause one to hear a buzzing in the ears even after the noise has ceased.

Symptoms:

- Ringing or buzzing noise in the ears
- Some hearing loss

DO:

- Try some relaxation techniques and deep breathing.
- If you are in a room, turn on an electric fan or radio (make sure the volume is low) while you relax. The music or softer noises divert attention from the ringing in your ears.
- Wear ear protection if you know you are going to be exposed to loud noises.

DON'T:

- Don't stay too close to sources of loud sounds.