

GOOD SLEEP.
GOOD DAY.
GOOD LIFE.



NEWS LETTER

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Healthy sleep is the most valuable part of life. If it's right, you've already won a lot.

Sleeping healthily is the urgent recommendation of sleep scientists, but who can do that?
Sleep disorders are widespread today and can make daily life significantly more difficult. They plague young and old, pregnant women, women in menopause, seniors, and even children.

»Sleep is God's only free gift.«

Plutarch

There is no simple treatment for serious sleep problems; this is absolutely wrong and dangerous. It is normal to sleep badly occasionally, but if this becomes a permanent condition or if health problems are added, professional help is urgently needed. The importance of healthy sleep was already recognized in antiquity. Sleep problems are a serious matter and belong in competent hands, says internist and sleep researcher Private Lecturer Dr. Hartmut Schneider. He has been researching the connection between chronic diseases and poor sleep since 1987.

Health Risks from Unhealthy Sleep

Those who consistently sleep too little or poorly have an increased risk of cardiovascular diseases. Research shows that short nightly sleep is linked to obesity, diabetes, and heart diseases. According to scientists, the risk of getting sick as a "short sleeper" is comparable to that of a smoker. Sleep quality and duration are determined in Dr. Schneider's sleep laboratory in Frankfurt. There, not only nightly sleep but also its effect on daytime health is examined. This is a real detective work. At the beginning of the investigations, it is clarified whether sleep disorders are caused by internal organ diseases or by environmental influences.

Organically Caused vs. Environmentally Caused Sleep Disorders

Environmentally caused sleep disorders are more difficult to treat than organically caused sleep deprivation. Our social, family, and professional obligations restrict our sleep time like a corset. You cannot simply follow the advice to rest or



Dear reader,
without sleep, life is not possible. This has been proven with absolute clarity. Too little sleep, disturbed, and unhealthy sleep are killers of quality of life. In addition, unhealthy sleep is definitely associated with dangers, especially if you are a snorer. Diabetes, heart diseases, stroke, or heart attack can be promoted in this way. We are able to use the most modern methods to find out what dangers are lurking for you. We can help you so that you can find a relaxed life and a restful sleep again. Get in touch, we are here for you.

Best regards,

Hartmut Schneider

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Every trade union would call for an unyielding strike! Around the clock, they work – completely impossible. But our body does this and is able to keep going. The brain – the control center – keeps all organs in motion. Day and night.

The internal clock, the biorhythm, reflects the body's natural processes. Symptoms can be located and treated accordingly. Tips are given. Daily routines and habits like day/night, sleeping/waking, eating/excreting, or resting/tensing have an influence.

How can you picture this? It's best to think of it like an orchestra: the conductor is the central point, the brain, and it sets the pace for when each organ begins its work.

An example: If someone wakes up between one and three in the morning, their liver reports that something is out of balance. It may be advisable to take a closer look at the liver's metabolism. Or: waking up between five and seven in the morning indicates that the heart has something to deal with. In fact, most heart attacks and strokes occur during this time. Interestingly, the organ clock of traditional Chinese medicine is worth a look. Although not everything has been proven, the striking similarities with the "messages" the body sends to the brain are remarkable.

Varying sleep and meal times, changing time zones and climates, cause the biorhythm to react immediately. Shift work, for example, has a direct effect; fatigue and listlessness are the result. The body needs a few days to regulate its internal clock again.

change your life if you have obligations, such as: parents who have to get up early to get their children ready for school. People with a long commute. People who work shifts or have to work longer. People who care for relatives, often also at night. Since these obligations cannot be easily changed, these sleep disorders are theoretically not avoidable. However, most patients also suffer from organi-

cally caused disorders, which are easier to treat than a change in obligations. The goal is to recognize these and to optimize the remaining sleep time. If a treatable organic sleep disorder is not recognized early, many years can often pass until the affected person develops a chronic metabolic or cardiovascular disease.

Snoring as an Avoidable Sleep Disorder

The classic avoidable organically caused sleep disorder is snoring. Dr. Schneider has researched and published a lot about sleep in

women and children, as sleep disorders in these groups have significantly more health consequences than in adult men. In children and pregnant women, snoring is common, but often goes unrecognized because it is usually only a quiet but audible breathing sound. Nevertheless, the brain is activated, which means that sleep is less restful and the affected people are unrefreshed, tired, and exhausted during the day. More

seriously, children's physical and mental development is delayed. This can lead to concentration problems, nervousness, learning difficulties, and even ADHD. In pregnant women, unhealthy sleep poses a health risk for the expectant mother and the growing child. Snoring can always be treated. Scientific papers prove that the elimination of snoring in children reduces long-term psychological and physical disorders. In pregnant women, complications such as high blood pressure, diabetes, and even perinatal depression are reduced. The risk of premature birth and developmental disorders in the child also decreases. According to Dr. Schneider, these are the best examples of the serious consequences that snoring can have, but unfortunately also of the fact that the danger of snoring is still not in the general consciousness of those affected and also of the treating doctors.

Diagnosis and Treatment

With the help of state-of-the-art sleep diagnostic devices, sleep disorders can be diagnosed. These devices can also be used at home, which makes the diagnosis faster, better, more cost-effective, and more convenient. A clinic stay is only required in rare cases. In any case, Dr. Schneider conducts a personal conversation with the patient to explain their problems, their dangers, and the procedure for future well-being.

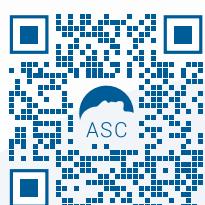
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TIP: Fit in the office - Active breaks

Active breaks originally come from Japan and South Korea. They consist of small movements that get the body moving without breaking a sweat. The goal is to create a balance to the sedentary work in 10 to 30 minutes. The exercises focus on the back, shoulder, and neck area. They can be performed directly at the workplace, alone or with colleagues.

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