

# Sleep Services of Maryland

R.E.M. - The official medical journal of the Sleep Services of Maryland / IS001 / 240-912-4683

 **P1 / Why R.E.M**

 **P2 / Restless Leg Syndrome**

 **P3 / Sleep Apnea**

 **P4 / Sleep Disorders in Children**



## Why R.E.M.?

Sleep Services of Maryland would like to introduce our educational medical journal to our referring providers. Why did we name it R.E.M.? Well REM sleep is just one characteristic of a healthy sleep pattern. Our goal is to educate our provider community of how to recognize if your patients have healthy sleep patterns. A good night's rest is a crucial piece of an individual's good health and happiness.

During R.E.M sleep, the electrical activity of the brain, as recorded by an electroencephalogram, looks similar to the electrical activity that occurs during waking. Although neurons in the brain during REM sleep are functioning much as they do during waking, REM sleep is also characterized by temporary muscle paralysis. In most people, even when they are having vivid dreams in which they imagine they are active, their bodies are still.

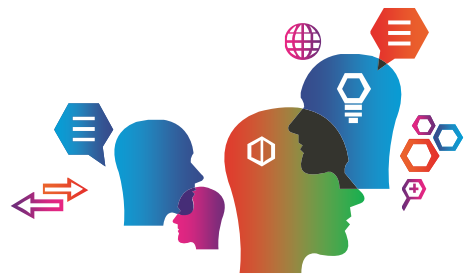
According to Dr. Yash Mehndiratta, medical director for Sleep Services of Maryland, "Rapid Eye Movement sleep or R.E.M sleep makes up 20-25% on an individual's sleep time." Sleep involves transition between three different states: wakefulness, rapid eye movement (REM) sleep, which is associated with dreaming, and non-rapid eye movement (N-REM) sleep. Sleep disorders can occur in both REM or N-REM Sleep.

**“Rapid Eye Movement sleep or R.E.M. sleep is a normal stage of sleep and makes up 20-25% of an individual's sleep, or 90 to 120 minutes of sleep time.”**

# How an active mind can be disruptive to sleep

A mind active with thoughts can cause difficulties with falling asleep, staying asleep or consistent early waking. Over time this pattern can lead to a serious sleep disorder. Often patients with an active mind have been advised to read prior to sleeping, exercise during the day, or stay away from large meals late in the evening to try to deal with their sleep issue. For some, these strategies are helpful and can lead to satisfying sleep patterns. However, in many patients dealing with this issue these strategies are short term solutions at best.

Sleep Services of Maryland has recently introduced to patients having a difficult time shutting down their active mind; **NeuroOptimal neurofeedback**. This brain training system allows the central nervous system to use natural resources to assist in the sleeping process rather than drug-related resources. The neurofeedback program monitors a patient's brainwaves and then provides feedback to the patient's central nervous system about what it has just done. When the NeuroOptimal program detects a tremor in the patient's brainwave pattern, it sends an



**“ Quite often Type-A individuals have a difficult time shutting down their active mind, which is necessary for a peaceful sleep ”**

audible signal that encourages the brain to reset itself or self-correct. This training over a period of sessions will train the mind to reset when its brainwave activity becomes a hindrance to rest and sleep. Patients learn in their NeuroOptimal session how to deal with turbulence in their brainwave activity. This



## Restless Leg Syndrome

### URGE TO MOVE

People with Restless Leg Syndrome (RLS) often have an irresistible urge to move their legs due to an uncomfortable sensation in their legs. They may describe this sensation to their providers as “itchy,” pins and needles” or “creepy crawling.”

### WORSE AT NIGHT

The sensations are worse or become evident at rest, especially when sitting or lying down. These symptoms worsen at night making it unbearable for sleep to occur. For some individuals the symptoms are consistent but for many they are intermittent which makes diagnosis more difficult.

### RELIEF BY MOVEMENT

In order to relieve their symptoms, individuals will constantly move, scratch, or kick their legs. This constant activity disrupts sleep patterns and has led to RLS being classified as both a neurological disorder and a sleep disorder.

is done using music, relaxation techniques, and specialized software to monitor their brainwave activity. The frequencies of the brainwaves during training give both the clinician and patient important information necessary to make improvement.

The feedback provided allows for control of the brain activity towards a more relaxed and peaceful state. As a result, patients who previously had a difficult time shutting down their active mind to sleep can now reset their mind to a peaceful state when necessary.

***Call Sleep Services of Maryland for more information.***



## Sleep Apnea / Signs and Symptoms

**Do your patients complain of undue fatigue or falling asleep at work?** *If yes then sleep apnea could be the issue.*



### **Common OSA SYMPTOMS include:**

- Excessive daytime sleepiness
- Snoring
- Fatigue
- Gasping for breath while asleep
- Morning headache
- Frequent awakenings during sleep
- Waking with dry mouth or sore throat
- Frequent night time urination

*If these symptoms are occurring on a regular basis a sleep study may be indicated.*

FOR MORE INFORMATION ABOUT OUR PROVIDERS AND SERVICES PLEASE VISIT US AT [WWW.SLEEPSEVICESMD.COM](http://WWW.SLEEPSEVICESMD.COM)

**Sleep Services  
of Maryland**



15200 Shady Grove Rd, Ste 401  
Rockville, MD 20850

19735 Germantown Rd, Ste 305  
Germantown, MD 20874

# Sleep Disorders in Children



Sleep disorders don't just affect adults, they even affect children. Sleep disorder for children, if left untreated, can have a variety of different negative effects on their health, learning, and social life. Sleep disorders affect children at any age, from newborn to toddler and even through high school. What are some of the most common sleep disorders children suffer from? They include insomnia, obstructive sleep apnea, and night terrors.

Insomnia is when a child's sleep cycle is not right, such as a child having trouble falling asleep, can't stay asleep, or waking up too early. Sleep anxiety may be linked to insomnia or a child might have a variety of other causes such as stress or pain. Many kids suffer from night terrors, which causes your child to suddenly wake up from sleep screaming or crying and feeling very agitated. A sleep study may be indicated to find out what is causing the child's sleep issues.

## NEXT ISSUE:

### CIRCADIAN RHYTHM DISORDER

What is Delayed Sleep Phase Syndrome, Advanced Sleep Phase Syndrome and shift work sleep disorder? Learn how to recognize the signs and symptoms in your patients.

### STRESS AND SLEEP

Stress is a constant for many of your patients. Find out how it affects sleep patterns and what strategies exist to combat stress and sleep more peacefully.

### OUR PHYSICIANS

#### Yash Pal Mehndiratta, MD, DABSM

- Diplomate American Board of Sleep Medicine
- Diplomate American Board of Neurology
- Fellow American Board of Sleep Medicine
- Fellowship: The Cleveland Clinic Foundation

#### Ritula B. Mehndiratta, MD, DABSM

- Board-Certified: American Board of Sleep Medicine
- Case Western Reserve University, Cleveland Ohio

## Sleep Services of Maryland

[WWW.SLEEP SERVICESMD.COM](http://WWW.SLEEP SERVICESMD.COM)

240-912-4683



#### Follow Us on Facebook

For up-to-date news and information on sleep disorders and our services.



#### Follow Us on Twitter

@SleepServicesMD and receive tweets about sleep tips.