

Sleep disorders are the silent 'enemy' that threatens health

Sleep plays an important role in every stage of life. However, the pressure of modern life makes many people prone to prolonged stress and anxiety, seriously affecting the quality of sleep and the nervous system.

Recently, Tien Phong Newspaper organized an online discussion on the topic 'Sleep disorders, a disease of the 4.0 era' with the participation of neurology experts and the companionship of the Melatongue® Rapid brand. The experts shared about the increasing sleep disorders in society and the worrying consequences.



Causes of sleep disorders

According to Master, Doctor Vu Tran Thien Quan (University of Medicine and Pharmacy Hospital, Ho Chi Minh City), sleep disorder is a broad medical concept, including more than 100 types of diseases, from problems such as sleeping too little, sleeping too much, sleeping in different time zones to feeling tired despite getting enough sleep.

Sleep disorders can stem from three main groups of causes:

- Mental disorders, such as anxiety, depression.
- Internal medical conditions, such as heart failure, asthma, or effects from drugs and stimulants.
- Insomnia of unknown cause, often difficult to diagnose.

Dr. Le Tu Quoc Tuan (Trieu An Hospital) added: *'A comfortable mentality is the core factor for a good night's sleep. The habit of using coffee, strong tea or improper medication can also cause insomnia.'*



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Sleep disorders and modern lifestyle

Dr. Tuan especially warns about the habit of using technology devices before going to bed. The blue light from the screen affects the nervous system, causing difficulty falling asleep and insomnia. He shared a story about a student whose studies were declining because he used his phone too late at night. After the family adjusted their living habits, the situation improved significantly.

"Modern life has many factors that affect sleep quality, such as night shifts, which also disrupt biological rhythms," Dr. Quan shared.

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GIẢI MÃ MELATONIN "HORMONE BÓNG ĐÊM"

Điều Hòa Giác Ngủ

Melatonin là gì?
Melatonin là một loại hormone do tuyến tùng tiết ra với chức năng điều hòa đồng hồ sinh học và giấc ngủ của cơ thể.

Melatonin được sử dụng để làm gì?

Sử dụng điều trị nhiều vấn đề về giấc ngủ:

- Điều chỉnh hiệu quả đồng hồ sinh học
- Lệch múi giờ
- Rối loạn giấc ngủ do làm ca đêm
- Rối loạn giấc ngủ bị trì hoãn

Nguyên nhân làm suy giảm Melatonin

Tuổi tác
Ánh sáng xanh
Làm ca đêm, rối loạn múi giờ, căng thẳng

Bổ sung Melatonin như thế nào?

Tiếp xúc ánh sáng tự nhiên
Bổ sung thực phẩm tự nhiên
Loại bỏ ánh sáng xanh
Bổ sung thực phẩm chức năng Melatonin

Doctor CK II Dang Nhat Tam (Nguyen Tri Phuong Hospital) also said that sleep disorders cause problems with memory, concentration, affect life and work efficiency. This condition, if prolonged, also increases the frequency of cancer, stomach, asthma, COPD, kidney, liver, musculoskeletal, immune-related diseases. Young people with sleep disorders are at higher risk of reduced work productivity, lack of concentration and are susceptible to psychological disorders such as anxiety or depression.

Sleeping less than 7 hours or more than 9 hours a day also increases the frequency of stroke, especially cerebral hemorrhage. If you sleep on a regular cycle, about 7-9 hours a day, the organs in the body will rest to recharge, rearrange everything and start a new cycle.

Solution for a full night's sleep?

At the seminar, experts also gave some measures to ensure a good night's sleep to help people maintain their health, specifically:

- Limit the use of phones and electronic devices before going to bed and stop all screen activities at least 30 minutes before bedtime to help the body relax and prepare for sleep.

- Create a habit of going to bed on time, adults need to sleep at least 7-8 hours per night, this not only helps the body restore energy but also helps maintain optimal physiological functions. And should maintain a comfortable

sleeping space, because a quiet sleeping environment, not interrupted by light or noise, is essential for quality sleep.

- In particular, it is necessary to have regular health check-ups to detect early signs of sleep disorders, which will help with timely treatment and avoid serious health consequences.

- In addition, it is necessary to pay attention to a balanced diet and healthy entertainment, because a balanced diet combined with healthy entertainment habits helps improve sleep quality. People with insomnia and sleep disorders can also use herbal health supplements to help catch up on sleep rhythm and help regain natural sleep.

Sharing the same view, pharmacist An Manh Hung - General Director of Dai Nam Pharmaceutical Joint Stock Company, representative of Melatongue® Rapid brand - said that there are many sleep support products on the market. However, if insomnia persists, you should see a doctor for accurate advice on the cause and severity, so that you can find a reasonable treatment method.

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CÔNG NGHỆ MỚI

XỊT DƯỚI LƯỖI
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x1,5
HIỆU QUẢ
HẤP THỤ

- ✓ Ngủ nhanh hơn
- ✓ Ngủ sâu hơn
- ✓ 100% an toàn, lành tính

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MELATONIN SPRAY
WITH VALERIAN AND
PASSIONFLOWER

"At Dai Nam Pharmaceutical Company, we have researched and introduced to the market a high-end product line imported from Europe under the brand name Melatongue® Rapid containing melatonin in the form of a sublingual spray so that the drug is absorbed directly into the oral cavity, helping to increase absorption and ensure the effectiveness of melatonin."



Melatongue® Rapid is combined with two herbs Valerian and Passiflower to help relax and improve sleep quality. Melatongue® Rapid passes the strict standards of FDA, IFS, ensuring safety and benignity for users.

The product is not a medicine and is not a substitute for medicine.

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