

SLEEP DEPRIVATION AND INSOMNIA



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DIAGNOSTICS



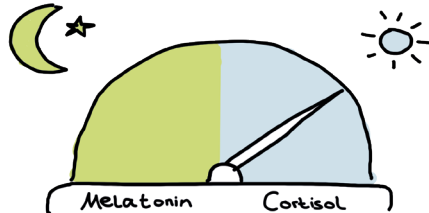
**SLEEP IS
NOT ALWAYS
RESTFUL.**

SLEEP DEPRIVATION AND INSOMNIA

Insomnia and sleep disturbances are common issues that can turn falling asleep or staying asleep into a nightly struggle. Generally, insomnia is categorised into two types: difficulty falling asleep (taking more than 30 minutes to fall asleep) and difficulty staying asleep (waking up frequently and lying awake during the night). Insomnia often manifests as frequent, panicky awakenings accompanied by anxiety, resulting in non-restful sleep. Consequently, those affected feel tired the next day, and the lack of restful sleep impacts their daily functioning. Chronic sleep problems can lead to long-term sleep deprivation, which poses serious health risks.

CONSEQUENCES OF CHRONIC SLEEP DEPRIVATION:

- fatigue
- exhaustion
- headaches
- poor ability to concentrate
- irritability
- drop in performance
- susceptibility to infections



The normal sleep rhythm follows the natural cycle of day and night and is closely regulated by various messenger molecules. In the evening, the release of melatonin helps us fall asleep. Melatonin production is stimulated by darkness and decreases with daylight. High melatonin levels lead to tiredness and promote sleep. In the morning, cortisol levels in the blood rise, helping us wake up and start alert during the day. Cortisol, a stress hormone, makes us active. During stressful situations, the body releases more cortisol. Prolonged stress leads to continuous cortisol release, which affects mood, well-being, and sleep. biovis offers a test set to analyse your diurnal cortisol profile, allowing you to monitor cortisol levels throughout the day.

GET TESTED BY US NOW:

CORTISOL
DIURNAL
PROFILE

MELATONIN



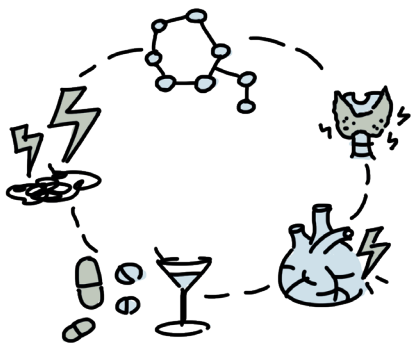
**CORTISOL IS A
STRESS MESSENGER
THAT MAKES
US ACTIVE.**



**IDENTIFY AND
ADDRESS
PROBLEMS
EFFECTIVELY.**

REASONS FOR SLEEPLESS NIGHTS

- stress
- worries and fears
- cardiac or respiratory problems
- thyroid hyperfunction
- hormonal imbalances
- alcohol, caffeine, drugs
- light and noise
- pains
- medication and sleeping pills
- shift work



WHAT CAUSES TROUBLE WITH FALLING ASLEEP?

There are many reasons for sleepless nights. Besides stress and medical issues, the environment can also significantly impact sleep quality.

MELATONIN

As daylight inhibits melatonin release, shift workers often struggle with sleep disorders. In older adults, melatonin levels naturally decrease, leading to difficulties falling asleep or staying asleep as they age.

Taking melatonin supplements can help. These supplements shorten the time it takes to fall asleep, improve sleep quality, and reduce the number of nighttime awakenings. More restful sleep alleviates daytime tiredness and reduces stress. However, melatonin should always be taken in consultation with a doctor.





**MANY
THINGS ARE
CONNECTED.**

TRYPTOPHAN AND SEROTONIN

Tryptophan is an essential amino acid that we obtain from food. It is crucial to produce serotonin, often referred to as the 'happiness hormone' because it promotes well-being and a good mood. Serotonin is ultimately converted into melatonin, which regulates the sleep-wake cycle. Therefore, a serotonin deficiency can lead to reduced melatonin production and disrupt sleep patterns. Intake of tryptophan boosts serotonin levels, positively affecting sleep quality.

If you experience sleep problems, it is recommended to check your melatonin levels in your saliva and the concentrations of serotonin and tryptophan in your blood. bioivis offers convenient analysis of your melatonin

levels in saliva, as well as serotonin concentrations and tryptophan metabolism in the blood. Identifying any deficiencies allows for appropriate therapeutic interventions.

GET TESTED BY US NOW:



Building block
of serotonin



happiness hormone



regulates day and
night rhythms,
sleep-promoting
effect



**FINALLY
SLEEPING
WELL AGAIN.**



**A POOR OR
UNBALANCED
DIET CAN WORSEN
SLEEP PROBLEMS.**

HOW DO VITAMINS AND MINERALS AFFECT MY SLEEP?

Vitamins and minerals play crucial roles in maintaining overall health and can significantly impact sleep quality. B vitamins help the body manage stress and enhance sleep quality. Adequate levels of iron, zinc, and magnesium contribute to longer sleep duration and better sleep quality. Additionally, vitamin D is linked to both longer sleep duration and a shorter time to fall asleep.



WHAT CAN I DO FOR A BETTER NIGHT'S SLEEP?

Smoking and the consumption of alcoholic and caffeinated drinks have a negative effect on melatonin concentrations in the blood and can therefore exacerbate sleep problems. On the other hand, exercise during the day or moderate sport in the evening promotes sleep. Dinner should be eaten early. A balanced diet with all the important nutrients is also helpful. Psychotherapeutic procedures and relaxation exercises, as well as avoiding stress in everyday life, also often help. We have designed various leaflets and brochures for you that can help you with implementing a healthy diet and lifestyle. For more information, please visit our homepage.

MEASURES TO PROMOTE SLEEP QUALITY



AVOID LIGHT
BEFORE GOING TO
BED



BEDTIME
ROUTINES



ONLY USE THE BED
FOR SLEEPING



DAYLIGHT LAMP OR
LIGHT THERAPY



PHYSICAL ACTIVITY
DURING THE DAY



REGULAR BEDTIMES
AND WAKE-UP
TIMES



HERBAL SLEEP AIDS

Using herbal sleep aids can help with falling asleep. These natural remedies have a calming effect and come in various forms, such as bath additives, teas, drops, or tablets. Bath additives and teas are particularly beneficial for establishing a relaxing bedtime routine. However, always consult a doctor before taking any herbal sleep aids.



**FALLING ASLEEP
NATURALLY.**

BIOVIS OFFERS YOU



To identify the root causes of sleep disorders, biovis provides a comprehensive profile in addition to analyses of various individual parameters. Our **'Sleep Disorders Complete Profile'** offers all the essential information needed to determine the cause of your sleep issues. For the **'Basic'** and **'Midi'** profiles, any missing parameters are supplemented with empirical data. For further details, please visit our homepage, where you will find a range of specialized brochures and informational materials on various topics.





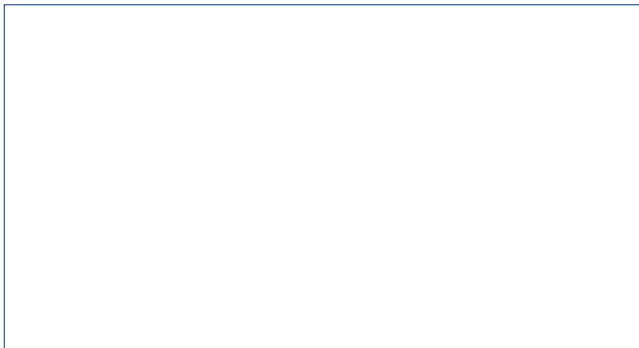
If you have any further questions, please contact the medical professionals you trust.



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Presented by



Practice stamp

Further information
can be found here:



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