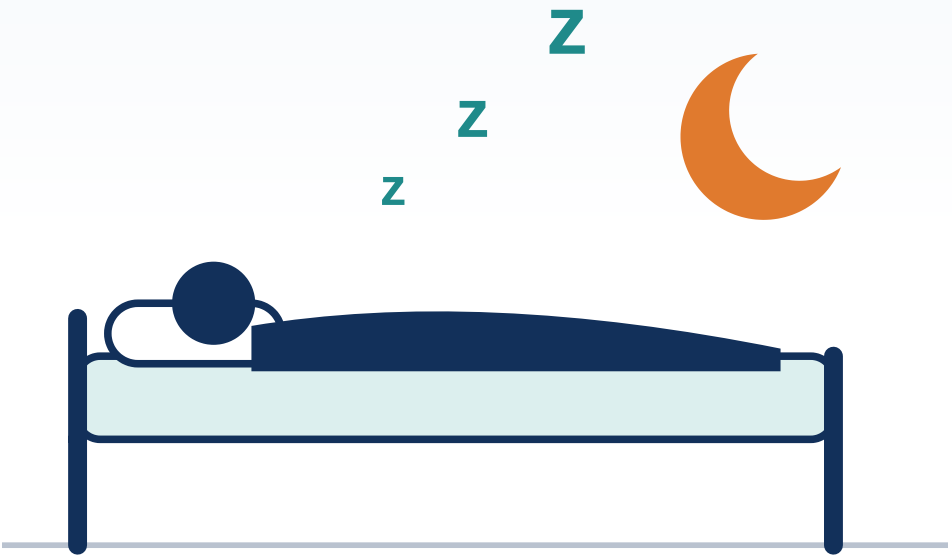
Why good sleep is brain medicine

Sleep and Your Brain



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

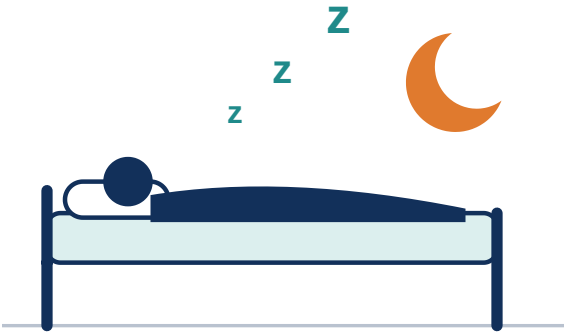
- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

Why do we need sleep?



Cleaning

Deep sleep washes away waste from the brain

Memory

What we learn is saved as memory at night

Mood

Poor sleep makes us irritable, anxious and low

Body

Sleep helps control BP, sugar, weight and immunity

Lack of sleep can bring on migraine and fits, and makes driving as risky as drink-driving.

How much sleep is enough?

Age	Sleep in 24 hours
Newborn (0–3 months)	14–17 hours
Infant (4–12 months)	12–16 hours, with naps
1–2 years	11–14 hours, with naps
3–5 years	10–13 hours
6–12 years	9–12 hours
13–18 years	8–10 hours
Adults	7–9 hours
Above 65 years	7–8 hours

Teenagers naturally sleep and wake later. Early school plus late-night mobiles leave many of them short of sleep.

10 habits for good sleep

1. **Fixed time:** sleep and wake at the same time every day, even on Sundays.
2. **Morning light:** get 15–30 minutes of daylight.
3. **Move:** exercise daily, but not just before bed.
4. **Tea and coffee:** none after about 4 pm.
5. **Light dinner:** eat 2–3 hours before bed.
6. **No screens:** switch off mobile and TV 1 hour before bed.
7. **Dark and quiet:** a cool, dark, quiet bedroom.
8. **Wind down:** read, pray, or listen to soft music.
9. **Short naps:** keep day naps under 30 minutes.
10. **Can't sleep?** Get up after 20 minutes and do something calm, then return.

Is snoring dangerous?

Loud snoring with pauses in breathing may be **sleep apnoea**. Breathing stops again and again during sleep, and the brain gets less oxygen.

Warning signs

- Loud snoring every night
- Someone sees you stop breathing or gasping
- Very sleepy in the daytime, dozing while driving
- Morning headache, high BP that is hard to control
- In children: snoring, restless sleep, poor attention

Sleep apnoea raises the risk of stroke, heart disease and accidents. It is **treatable** – see a doctor.

When to see a doctor

- Trouble sleeping for more than 3 weeks
- Falling asleep suddenly in the daytime
- Acting out dreams, kicking or shouting in sleep
- Restless, crawling feeling in the legs at night
- Fits, confusion or unusual movements at night
- Sleepwalking with injury

About sleeping pills

- Use only on a doctor's advice and for a short time.
- Long use can cause dependence, falls and memory problems in older people.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

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WhatsApp is for booking appointments only.

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www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.