**SLEEP HEALTH AND EPIDEMIOLODY**

**Summary**

The health care system especially in United States have shown a critical perpetuation in health care related issues, therefore causing an overwhelming experience in the American Nurse Association and the healthcare organization at large. Examples of sleep disorders include Sleep Apnea, Insomnia, parasomnias, restless Leg Syndrome, and narcolepsy. The sleep health can be cause by many factors, which can be categorized in to four folds such as the physical disturbances, psychiatric disorders, medical issues, and finally environmental issues. Many individuals have shown are fighting this sleep disorders on daily basis, and in order to subside the sleep disorders many American citizens are under medications and treatment such Melatrol natural sleep support, which are been taken in order for them to sleep. In the paper, it has revealed that the concept of Epidemiology relates with sleep health in one way or the other. The study helps in knowing the extent to which it is distributed in order to control the spread of diseases to other countries. This study is classified into two domains called convection (Classical) and common. Therefore, this study relates to sleep health on the basis of helping doctors to be able to prevent further spread by putting up preventive measures to it. By first knowing the population affected by the disease and the time frame, which will help to estimate in perception of the required needs of the health status in relation of identifying between the demand and the need thereof. Therefore, this principle helps to provide quality health care services that are heavily dependent on medicine, which results to having the goal of improving the sleep disorder of the affected population through management. This is achieved through the usage of bringing variations through studying the geographical coverage, its ethnicity and other related issue such as gender, therefore bringing about the outcome of the measurements through the required procedures.

Over course of decades, many nations such as the United States have been facing major and critical challenge in regards to healthcare problems that have perpetuated to other menace therefore causing an overwhelming experience in the American Nurse Association and the healthcare organization at large. Through statistical analysis research by the National Institute Of health it is has been discovered that many healthcare related issues are majorly caused by sleep health disorders, (Ford, at al, 2015), Such as Alzheimer’s disease (AD) a mental disease. Therefore, the World HealthCare organization has been faced (WHO) with ways on which they can reduce and stop sleep disorders and promote a healthy sleep especially United States that is currently facing the same challenge. Many patients who have been reported in the medical clinics is that many had been suffering from lack of sleep which caused disorders such as Sleep Apnea. According to WHO concerning the well-being and the health status of patients is more than just the lack of infinity? Therefore in this paper, I will examine and describe the Sleep Health and the causes, and what its epidemiology and how it is related to Sleep Health.

According to Buysse, (2013) the term Sleep Health can be defined as multifaceted pattern of sleep or wakefulness which is adapted to an individual, environmental demands, and socially that actively supports the physical and the mental well-being of a person, (Buysse, 2013). This concept is usually characterized by satisfaction, appropriate timing, proper duration, maintained alertness, and with high efficiency during working hours. This issue of sleep health is generally a problem experienced in the United States, in which it has affected more people especially at the age of twenty and fifty five years. This report cases are usually under regular basis, in which its impact has been felt over those years. The term sleep disorder refers to a state of the human body that affects the credibility to sleep well on regular basis. Therefore, examples of sleep disorders include Sleep Apnea, Insomnia, parasomnias, restless Leg Syndrome, and narcolepsy.

Many American youths are fighting this sleep disorders on daily basis, and in order to subside the sleep disorders many American citizens are under medications and treatment such Melatrol natural sleep support, which are been taken in order for them to sleep. These sleep disorders have symptoms that vary according to severity and the type of sleeping disorder that an individual is experiencing such as the patient or victim might find it difficult to fall or stay asleep. Also may experience daytime fatigue, have a strong urge for taking a nap during the day, can also experience a state of been anxious and irritability, depression, and lack of concentration in the place of work.

These negative effects of sleep disorders such as insomnia refer to the inability for an individual to fall or stay asleep, which can be very challenging and problematic if not resolved on time. This disorder is commonly divided into three types such as chronic, intermittent, and transient disorder, which vary in terms of time factor. In addition, there is another form of sleep disorder called the Sleep Apnea, which is usually categorised into two segments, which include Obstructive, and central Sleep Apnea respectively. During sleep especially in elderly people above 40 years tend to have difficulty in breathing which might be caused by obesity, high blood pressure and small jawbone. Therefore, sleep disturbances sometimes it contributes to amyloid deposits that build up on the walls of the arteries in the brain and accelerate cognitive decline in those at high risk for AD. (American Thoracic Society, 2017). Sleep Apnea triggers the blockage of the breathing system, which usually occurs when the soft tissue in the back of the throat collapses during sleep. Therefore no enough circulation of oxygen is received in the brain and the rest of the body which may result to higher risk of getting AD.

The Parasomnias is another sleep health disorder that usually causes unusual movements and behaviors during sleep such as sleepwalking, groaning, nightmares, and bedwetting. Another disorder is called restless leg syndrome, which is usually an overwhelming urge to move the legs, which is characterized with a sensation of tingling in the legs.  This condition is often associated with health conditions such as Parkinson’s disease and ADHD. The last disorder is known, as the narcolepsy is usually a sleep attacks that happen during the night. This is characterized by over sudden sleep that arouses and makes a person fall asleep without any warning, which in the long run can cause sleep paralysis and it’s usually associated with a disease called multiple sclerosis a neurological disorder.

 Therefore, it is advisable medically to be checked and receive a diagnosis and treatment when you have suspicion that you might have a sleeping disorder depending on the symptoms ascribed above right away without hesitation. This is because when left untreated it may lead to negative effects resulting to further health consequences.

The sleep health can be cause by many factors, which can be categorized in to four folds such as the physical disturbances, psychiatric disorders, medical issues, and finally environmental issues. Physical disturbances are generally characterized physical features, which include pains, which generates from ulcers. The second factor is psychiatric disorders that are brought about by people experiencing depression, anxiety, and stress may be from situations such as poverty, in job places. The third factor medical issues is generally cause by people who are suffering from respiratory diseases such as asthma and they may probably be not sleeping a lot. While environmental issues such as people attribute the last factor, who take drugs such as khat and alcohol will tend to experience lack of sleep, which will eventually grow to sleeping disorders.

The term Epidemiology relates with sleep health in one way or the other. Therefore, this term epidemiology refers to the study of health related issues, states or incidents such as disease and to control diseases and other health issues on how they are distributed. In other word this study helps in knowing the extent to which it’s distributed in order to control the spread of diseases to other countries. This study is classified into two domains called convection (Classical) and common. Therefore, this study relates to sleep health on the basis of helping doctors to be able to prevent further spread by putting up preventive measures to it. By first knowing the population affected by the disease and the time frame, which will help to estimate in perception of the required needs of the health status in relation of identifying between the demand and the need thereof, (Ibrahim, 2015)

Epidemiology indicator is an essential to in the American Nurse Association to be able to understand the volume of service and the type of service required and the risk factors involve in the project been intended to be worked on. The perspective of this tool to provide the healthcare manager with the required set of tools and principles for the evaluation and monitoring of the affected states and to what extend is the effect of the program implemented forming policies of scientific base.

This principle helps to provide quality health care services that are heavily dependent on medicine, which results to having the goal of improving the sleep disorder of the affected population through management. This is achieved through the usage of bringing variations through studying the geographical coverage, its ethnicity and other related issue such as gender, therefore bringing about the outcome of the measurements through the required procedures. In addition, they can implement the use of diagrams in relation to how many doctors or physicians are on ground.

Epidemiology offers the measurement of understanding the magnitude extend of the disease (sleeping disorders), it’s cause and consequences during the research time and the administration of medicine. The process every health care practitioner has his role to place with accordance to the place allocated for him whether in the hospital, or in the field work, or at the houses. The principle therefore helps in the selection of the nurses at work depending on the operation of the epidemiology genetics.

In conclusion, healthy sleep is a vital key in the life of every individual, which helps people to relax and be able to concentrate. Therefore every American individual is advised to make sure the undergo treatment and diagnosed from health disorders. Through therefore the use of the epidemiology indicator has helped many healthcare centers to minimize and control eventually the spread of sleep health, and generally, it has become a helpful mechanism that can be utilized by the health care nurses and practitioners.

**Reference**

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