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DEEP SLEEP IS CRUCIAL TO STAYING HEALTHY

Sleep is an important part of our daily life, and is one of the basic necessities of human body in addition to a healthy diet and exercise. Lack of sleep and insomnia for prolong period of time lead to dangerous consequences. Dr. Fidiana from Indonesia believes that educating the public on both short-term and long-term effects of sleep disorders on health is key to lowering the impact of sleep disorder on the society. Many of us are still ignorant to the fact that normal habits such as snoring and staying up late are actually accelerating the process of aging and even death.

Taking more than half an hour to fall asleep, snoring, sleep apnea, narcolepsy and dozing off during daytime, sleepwalking, restless legs syndrome are all symptoms of sleep disorders threatening our well-being and in need of immediate attention.

Quality sleep helps restoration of muscles and other tissues, rejuvenation of body cells, and healing and repair of the heart and blood vessels. When we fell into deep sleep, our brain starts working on strengthening of memory during the day and “practicing” what we have learnt, while busy releasing several hormones, namely

growth hormone, into the blood and boosting our immune system. Growth hormone is crucial to growth and restoration of body tissues. On the other hand, insomnia and lack of sleep would slow down these activities of the brain, leading to lack of concentration, lethargy, and affecting our decision making and daily lives. When you are feeling sleepy, our body will create a hormone that stimulates our appetite, and this is one of the biggest risks of obesity.

Biological clock regulates our physiological activities by telling our body when to sleep, wake up and eat. However, external environmental factors such as light, sound and other stimulation (such as caffeine and alcohol) tend to affect our biological clock, which in turn affects melatonin, an important hormone in rejuvenation of body cells and inhibits cell variation.

Deep sleep is crucial to staying healthy. We know the value of deep sleep and have experienced the refresh feeling after a night of deep sleep. However, hectic modern lifestyle has taken us further away from quality sleep. Dr. Fidiana advises not to take sleep disorders lightly as it could have severe negative impact on our daily lives.