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Sleep Well

Be well, Do well, Live well
#selfloveselfcarefirst



Winter 2021

Happy Holidays!



Give yourself the gift of prioritizing your Sleep Health in 2022

We wind down 2021 with a deepened appreciation of what good health truly means. Often, we cringe when we hear a cliché. But they have a profoundness to them that is undeniable. ***The greatest wealth is health.***

Sleep is essential to health: Latest position statement from [AASM](#)

Sleep is vital for health and well-being in children, adolescents, and adults. Healthy sleep is important for cognitive functioning, mood, mental health, and cardiovascular, cerebrovascular, and metabolic health. Adequate quantity and quality of sleep also play a role in reducing the risk of accidents and injuries caused by sleepiness and fatigue, including workplace accidents and motor vehicle crashes. Short-term sleep deprivation, long term sleep restriction, circadian misalignment, and untreated sleep disorders can have a profound and detrimental impact on physical health, mental health, mood, and public safety. Chronic insufficient sleep is associated with an increased risk of mortality and contributes to both the individual risk and societal burden associated with several medical epidemics, including cardiovascular disease, diabetes, obesity, and cancer. Emerging data suggest that extending the nightly sleep duration of people who habitually get insufficient sleep is associated with health benefits.

Read More [SLEEP IS ESSENTIAL TO HEALTH: AN AMERICAN ACADEMY OF SLEEP MEDICINE POSITION STATEMENT](#), *Journal of Clinical Sleep Medicine*, Vol. 17, No. 10

Reliance on Apnea Hypopnea Index, [AHI](#) as the only outcome measure of treatment success.

Is using this single dimension, test centered outcome of sleep apnea severity archaic, incomplete, and unreliable as our definition of treatment success? Is it out of line with our contemporary understanding of patient health and wellness? Does the numerical AHI criteria represent a gross over simplification of disease management that currently occurs for [Obstructive Sleep Apnea](#)?

Read more [THE SLEEP GOAL](#)

A recent FDA update on the Philips Respironics Ventilators, BiPaP, and CPAP recall

The U.S. Food and Drug Administration (FDA) is updating the June 2021 safety communication on Philips Respironics recalled ventilators, BiPAP, and CPAP machines. This update provides additional information on the recall and recommendations for people who use repaired and replaced devices. At this time, the FDA is not changing the recommendations from the prior safety communication.

Read more [11/12/2021 UPDATE-CERTAIN PHILLIPS MACHINES RECALLED DUE TO POTENTIAL HEALTH RISKS](#)



Building a bridge between dental sleep medicine and mental health, mind body integration, and trauma informed professionals.

Dr. Merriman sheds light on [What to do if you are struggling with Sleep](#) while being interviewed on 'Therapist's Hour' this October. (approx.7 minutes)

In conversation with [Kristin Osborn](#) LMHC, LPCC, an internationally recognized psychotherapist, researcher, author, and an Associate in Psychiatry at Harvard Medical School, and appointed Clinical Instructor in the Department of Psychiatry and Biobehavioral Sciences at the UCLA David Geffen School of Medicine. Among her many other career honors, Kristin has also served as President of [IEDTA](#), International Experiential Dynamic Therapy Association.

Full program at [Therapist Hour with Kristin Osborn and Dr. Sunita Merriman.](#)

Sleep Medicine and Psychiatry- The Inseparable Two

Sleep disturbances precede, accompany, or follow psychiatric symptoms across a wide spectrum of psychiatric disorders. Additionally, medications used to treat psychiatric conditions can lead to sleep disturbances. Insomnia appears prior to, or simultaneously with mood disorder symptoms, whereas insomnia appears at the same time or after the onset of anxiety disorder. ([Ohayon MM. Epidemiology of insomnia: what we know and what we still need to learn. Sleep Med Rev. 2002 Apr;6\(2\):97-111. doi: 10.1053/smr.v.2002.0186. PMID: 12531146.](#)) Sleep is also impaired in individuals with alcohol and substance abuse problems.

**Piyush Das, MD, DABSM, Anoop Narahari, MD and Amit Chopra, MD,
FAPA**

Chapter 1, [Management of Sleep Disorders in Psychiatry](#)

**Sleep must be used as a tool in the treatment of psychiatric disorders-
Dr. Matt Walker**

[Matthew Walker, PhD in conversation with Andrew Huberman, PhD](#)

Huberman Lab Podcast #31. Dr. Matthew Walker: The Science & Practice of Perfecting Your Sleep. A terrific conversation that is an excellent source of information and learning about sleep for the medical professional and layperson alike.

“Sometimes at night I would sleep open-eyed underneath a sky dripping with stars. I was alive then.” — Albert Camus



Sleep Tip- Alcohol and the Holiday's

How Long Does Alcohol Stay in Your System?

The speed of alcohol metabolism is different for everyone.

[Cleveland Clinic](#) discusses this in more detail here.

Holiday tips to be present for yourself, and for others.

Reach out to someone who you suspect might be struggling.

Loneliness during the holidays is common. [Men who feel isolated](#), especially, may not ask for help.

Have [Yellow Balloon](#) holiday celebrations.

Minimize [stress during the holidays](#)

If you find value in the content of SLEEP WELL, we hope you will share it with others. They can also subscribe directly by going to our [website](#).

A special announcement

I am pleased to share with you that as of November of 2021, I have retired from the practice of general dentistry. Moving forward, this retirement will allow me to dedicate all my professional efforts to Sleep Medicine, and to my patients at New Jersey Dental Sleep Medicine Center (NJDSMC) in Westfield, NJ. I also intend to devote myself to my work as a poet, a writer, and my mission brand

of Self Love Self Care First®.

My team joins me in wishing you and yours a healthy and Happy New Year! We are grateful for the trust you have placed in us, and look forward to continue to contribute to your success and well being in 2022,

Warmly,

Dr. Merriman

Dr. Sunita Merriman, D-ABDSM, D-ABCDSM



Creating new realities, and expanding consciousness through **Poetry** * Highlighting our relationships, connection, and **sleep** as the foundation of wellness and optimal living * Bringing attention to those

who have suffered from [Attachment and Childhood Trauma](#) (ACEs)

* Promoting [Self Love Self Care First®](#).



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