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SLEEP DISORDER IS THE MOTHER OF ALL DISEASES

Executive Secretary of International Sleep Science and Technology Association in Asia, Dr. Liu Peng-Tzu pointed out that lack of sleep for a long period could lead to various diseases, as the body could not recuperate. Those working night-shift or love enjoying the nightlife face high risk because no matter how long they sleep during the day, their body would not recuperate, and sooner or later, they tend to suffer from heart disease, diabetes, and even cancer. “Those who lack of sleep are 73% more likely to become obese, and to suffer from diabetes and high blood pressure.” The lack of quality or amount of sleep affects our autonomic nervous system imbalance and increasing the risk of cancer by 10% to 20%, added Dr. Liu.

“If you don’t pay attention to your health, you would end up paying your medical bills.” If we sacrifice our sleep and stay up late all the time to earn more, it is equivalent to chronic suicide. Firstly, patients must solve their sleep disorder, because sleep is even more crucial than exercise, nutrition, smoking and age.

There are many ways to improve our health, and one of them is to keep a calm mind, in order to achieve a good night sleep. Physiologically, we could seek the assistance of medicine and technology; however psychologically, we must change our lifestyle and sleeping habit, as even doctor could not do much to this end, said Liu.

Sleep disorder is highly associated to social development. We could see many lights are on throughout the night in big cities, our lifestyle has changed dramatically and sleep has been deprived. Nowadays, there are a myriad of nightlife activities, traffic jam and working late; even exercising at the wrong time could affect the quality of sleep. In addition, mobile phone is emitting blue light that increases the levels of serotonin in the brain, hindering sleep. Although technology could help us sleep better, technology also causes insomnia.

