



- Director of the Sleep Center of Chang Gung
- Memorial Hospital Taoyuan branch

## **Dr. Ning-Hung Chen**

Renowned sleep disorder expert in Asia

# POOR SLEEP LEADS TO ALL KINDS OF DISEASES

A healthy diet and daily exercise, even skipping afternoon tea, could all be futile if you are lack of sleep. The best healthcare is adequate sleep and quality sleep. So, how well do you sleep?

Dr. Ning-Hung Chen, Director of the Sleep Center of Chang Gung Memorial Hospital Taoyuan branch, shared there are many types of sleep disorder, and the most common type is faced by women in their 40s to 60s, especially during menopause, menstruation, and pregnancy; and there is the type facing mostly men in their 40s, such as snoring and sleep apnea.

Poor sleep quality not only affects our performance and concentration at work, but also lowers our immunity and hence prone to sickness. Foreign researches also found that poor sleep quality increases the risk of cancer.

Regular work and rest habit is the best way to have quality sleep, as our body is governed by a biological rhythm, and this also helps the normal secretion of melatonin. Dr. Chen advises exercises at places exposed to sunlight helps regulate the secretion of melatonin at night as well as adrenaline secretion that keeps our body active.

The hectic work lifestyle has forced Taiwanese to sacrifice their sleep, on top of maintaining an irregular work-rest habit. Ironically, losing sleep means losing the greatest wealth--our health. Lastly, Dr. Chen stressed only by focusing on solving sleep disorder, we can live a healthier life.