

SLEEP DISORDERS

Sleep disorders are a common occurrence. Approximately 20-30% of the population in Western industrialized countries suffer from them, with women being more affected than men. Sleep disorders can be diverse, but the sleep of those affected is usually not restful enough, so that the following day is characterised by tiredness. Long-term sleep problems lead to chronic sleep deprivation, which is a serious health problem. Sleep disorders can be caused by psychiatric conditions such as depression or anxiety, but also by stress.

MAIN SYMPTOMS

- tiredness, exhaustion
- listlessness
- headaches
- decreased physical and mental performance
- concentration problems
- mood swings
- increased risk of various diseases

CAUSES AND PATHOGENESIS

- stress
- depression
- anxiety disorders
- snoring, sleep apnoea
- (chronic) pain
- shift working
- jet lag
- stimulants (coffee, tea, energy drinks)
- medication
- poor sleep hygiene

THERAPY

- eliminate causes (e.g. reduce stress, sleep mask against snoring)
- melatonin supplementation
- regulate tryptophan metabolism (depending on the report), e.g.
 - Trp, griffonia, curcumin, quercetin, indol-3-carbinol, passion flower
- compensating for nutrient deficiencies
 - cofactors like vitamin B3, B6, B9, B12, D
 - cofactors like magnesium, selenium, zinc, copper, ...
- eliminate inflammations and ROS
 - omega-3 fatty acids, vitamin C, E
- additional phytotherapeutics such as ashwagandha, balm, valerian extracts, lavender
- other approaches
 - psychotherapy
 - relaxation exercises
 - pay attention to sleep hygiene
 - regular exercise/sport



HAVE THE
FOLLOWING
EXAMINED

DIAGNOSTICS



SF630A SLEEP DISORDERS BASIC PROFILE

Material: T923, T928

Tryptophan metabolism

- Trp, serotonin, melatonin
- important metabolites and enzymes

Relevant cofactors

- vitamin B3, B6 (cystathionin), B12 (MMA)

Neurotransmitter

- GABA



SF630C SLEEP DISORDERS COMPLETE PROFILE

Material: T923, T928, TBio1, EDTA, Hep, S

In addition to the Midi Profile:

Hypothalamic-pituitary-adrenal gland axis

- cortisol diurnal profile



SF630B SLEEP DISORDERS MIDI PROFILE

Material: T923, T928, EDTA, Hep, S

In addition to the Basic Profile:

Other neurotransmitters

- glutamate

Other cofactors

- vitamin B9, D
- iron, magnesium, zinc