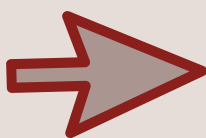


# SHOULD SLEEP BE ASSESSED AS PART OF ROUTINE MEDICAL EVALUATIONS?

## Rationale for Sleep as a Vital Sign

- Sleep symptoms are common but are mostly undiagnosed.
- Patients may not offer the information without being prompted.
- Sleep disturbances can:
  - be a sign or symptom of many diseases.
  - lead to other medical conditions and vice versa.
  - impede the management of other conditions leading to suboptimal treatment.
  - be a harbinger of growth or developmental issues in pediatrics.
- Sleep has been identified by patients as one of the most relevant domains to health and quality of life.
- Patients with sleep disturbances are less likely to be adherent to medication regimens.
- Patients with sleep disturbances have been found to have poorer diabetes control.
- Sleep can be "a critical marker of or indicator of disease and recovery."
- Sleep has an important impact on diseases across many subspecialties.



**ASKING ABOUT SLEEP SHOULD BE A ROUTINE PART OF MEDICAL EVALUATIONS.**

#### References:

Grandner MA, Malhotra A. Sleep as a vital sign: why medical practitioners need to routinely ask their patients about sleep. *Sleep Health*. 2015;1(1):11-12.

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