



UNDERSTANDING FRAGMENTED SLEEP

& WHY IT MATTERS

By Chris Crowley & Rami Qamar

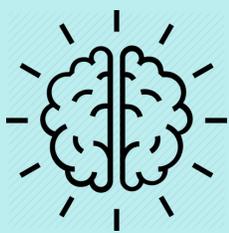
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What is Fragmented Sleep & Why Does it Matter?

Fragmented sleep is when you experience frequent awakenings during your normal sleep cycle. These may be brief awakenings that you don't have any memory of or it could be longer periods of wakefulness that are accompanied by difficulty falling back to sleep. These interruptions disrupt the basic patterns of your sleep cycles and leave you feeling drained and exhausted no matter how many hours you have "slept"!



An increasing number of scientific studies are showing that there is a great impact on physical and emotional health when sleep quantity or quality is poor.

Effects of Fragmented Sleep

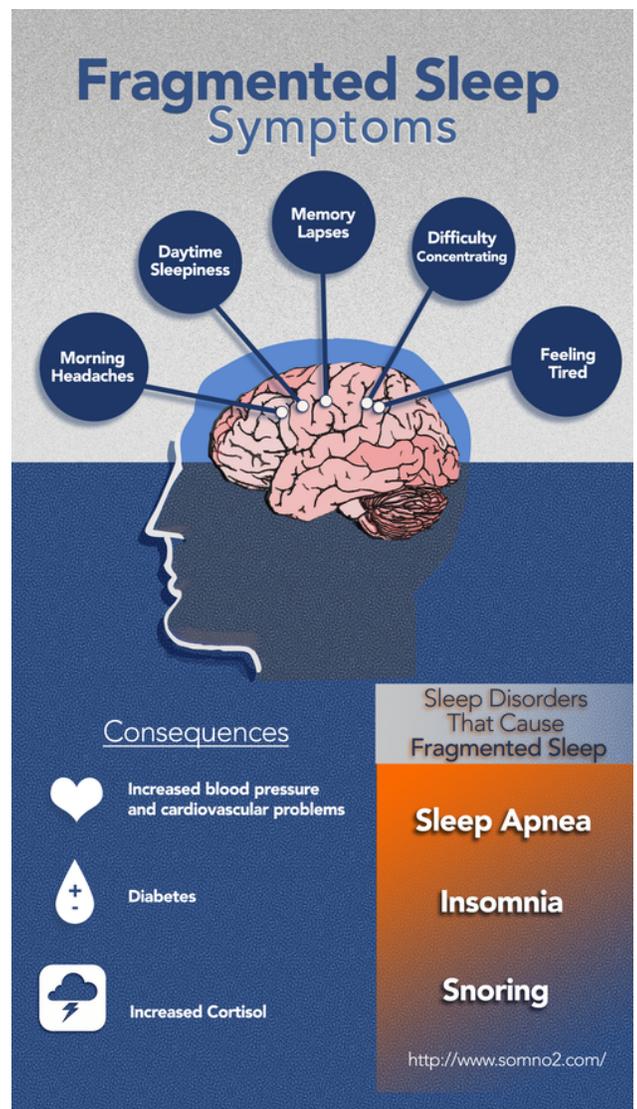
People that have fragmented sleep often report that their sleep does not feel refreshing and they wake up still feeling tired. Other common symptoms of fragmented sleep include morning headaches, daytime sleepiness, memory lapses, and difficulty concentrating. But unfortunately, that's not all...

If you aren't getting enough sleep, it impacts more than just how tired you feel. An increasing number of scientific studies are showing that there is a great impact on physical and emotional health when sleep quantity or quality is poor.

Blood pressure naturally varies during the sleep cycle. Interrupted sleep can prevent such normal pressure changes from occurring, and lead to increased blood pressure and cardiovascular problems.

The body is less able to use insulin after fragmented sleep, which can lead to diabetes over time.

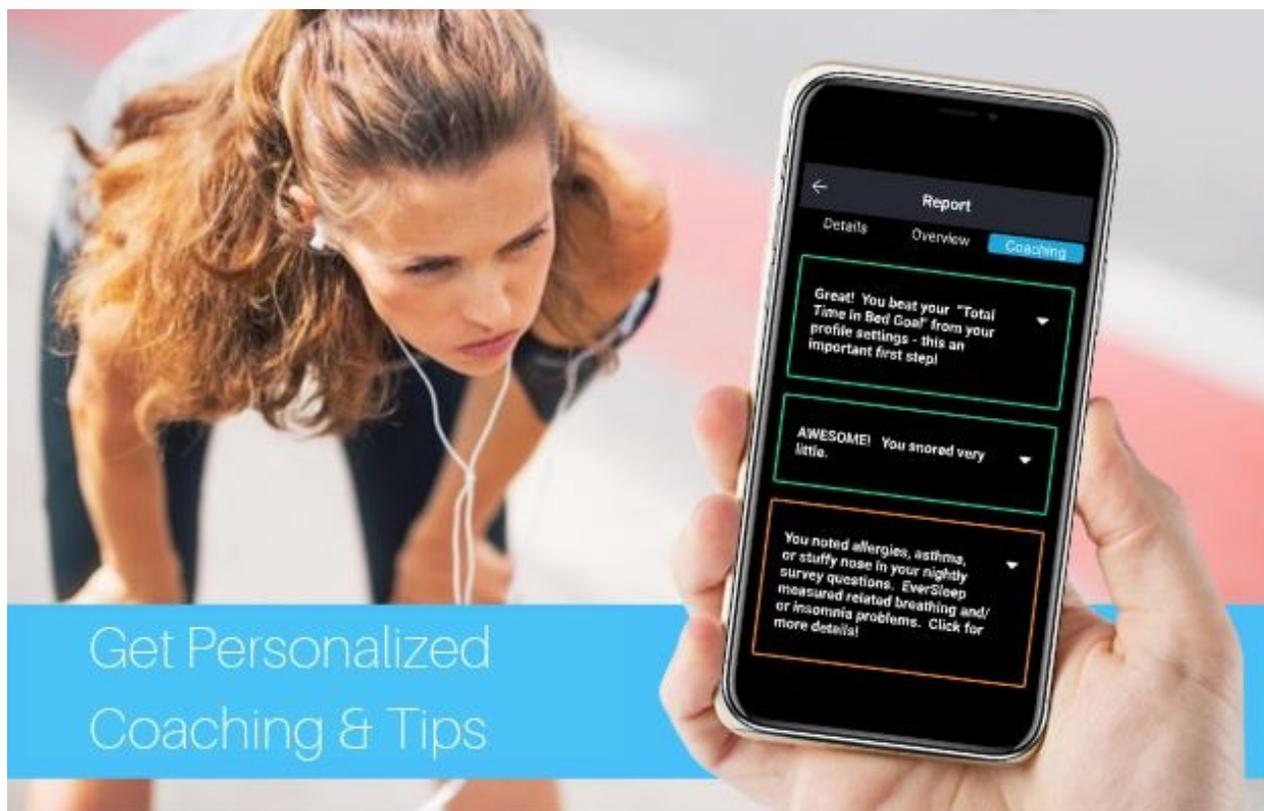
Fragmented sleep can lead to increased cortisol, often regarded as a stress hormone. Increased cortisol has been shown to increase appetite and decrease the ability to burn calories. The response to stress is also amplified when sleep has been reduced or interrupted.



What Causes Fragmented Sleep?

Fragmented sleep can be short term with an obvious cause- such as a new parent waking to care for an infant, or temporary trouble sleeping due to illness. More subtle awakenings can be caused by sleep disorders such as sleep apnea, periodic limb movements, or snoring. There are also lifestyle triggers that cause poor sleep, such as caffeine and alcohol consumption, exercise too close to bedtime, and having an irregular sleep schedule.

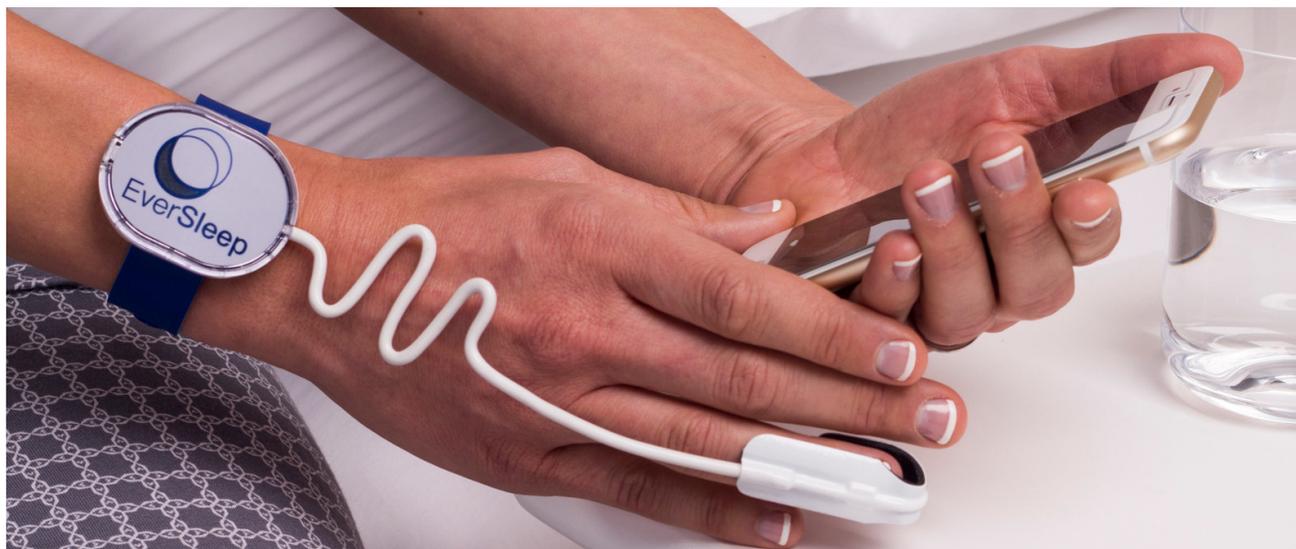
If you experience sleep fragmentation that is ongoing or has less obvious reasons EverSleep in-home tracking and advanced coaching system can help you to determine the cause of your sleep interruptions so that you can be on your way back to being well rested.



Conclusion

Fragmented Sleep affects every aspect of your life, from your body, your relationships, your work, and most importantly - your happiness. Take the first step - purchase an EverSleep at www.GetEverSleep.com

Let EverSleep's advanced technology monitor you overnight. Then get personalized in-app coaching and tips to improve your sleep quality!



Important Note

EverSleep is not an FDA 510(k) cleared device, and does not claim to diagnose, treat, or cure any disease. No Somno Health Incorporated employee is a clinician, and we do not give medical advice. Talk to your doctor before starting any health improvement program, including using EverSleep.

