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**Residents Should Keep in Mind: “Sleep: As Important as Diet and Exercise (Only Easier!)” Says Cardinal Sleep Disorder Centers of America**

JOLIET, March 3, 2008- As the nation prepares for the return of Daylight Saving Time, Sunday, March 9, Cardinal Sleep Disorder Centers of America urges area residents to assess whether they have symptoms that may reflect an underlying sleep disorder. This is particularly important given recent information implicating sleep problems in high blood pressure, stroke and diabetes control.

“It is important to get the recommended 7-9 hours of sleep each night to avoid sleep debt and the negative consequences of sleep deprivation,” says Karianne Cronkrite, community relations manager at Cardinal Sleep Centers. “Many people don’t realize how vital it is to get a good night’s sleep.”

In fact, “Sleep: As Important as Diet and Exercise (Only Easier!)” is the theme for this year’s National Sleep Awareness Week® (NSAW), held March 3-9. NSAW, an annual promotional health campaign sponsored by the National Sleep Foundation (NSF) takes place during the days leading up to Daylight Saving Time. It is a perfect time for the community to evaluate the amount and quality of sleep they usually get and to make a commitment to sleep better and feel better.

Research shows that sleep, along with diet and exercise, plays a pivotal role in a person’s overall health and well-being. According to the 2006 Institute of Medicine Report, the cumulative effects of sleep loss and sleep disorders represent an under-recognized public health problem and have been associated with an increased risk of high blood pressure, diabetes, obesity, depression, heart attack and stroke.

To kickoff National Sleep Awareness Week® Cardinal Sleep Centers will provide an educational booth at Silver Cross Hospital March 3<sup>rd</sup>, at Illinois Valley Community Hospital March 5<sup>th</sup>, and at Community Hospital of Ottawa March 6<sup>th</sup> from 11 a.m. until 1 p.m. outside each hospital cafeteria. Patients, staff and the general public are encouraged to visit the display to learn more about the importance of sleep, to take a sleep evaluation and to participate in giveaways.

NSAW will also mark the beginning of a Cardinal Sleep initiative to raise awareness on the relationship between sleep disorders and type 2 diabetes, as both health issues share common risk factors like age and obesity. Further, one-third of patients with type 2 diabetes also suffer from obstructive sleep apnea according to a study published in *Endocrine Practice* in 2007.

“Our goal is to make it common practice for health professionals to screen diabetic patients for sleep apnea and incorporate sleep education into the regimen for diabetes control,” says Dr. Robert Aronson, medical director at Cardinal Sleep Centers.

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Recent studies suggest that proper usage of CPAP or Continuous Positive Airway Pressure, the treatment for sleep apnea, decreases blood pressure and improves glycemic control in type 2 diabetic patients with obstructive sleep apnea.

“We hope to help patients feel better, while at the same time reducing their cardiovascular risks,” says Dr. Aronson.

National Sleep Awareness Week is also a good time to learn more about sleep problems, particularly how to recognize them in yourself and in family members. Frequent problems sleeping, loud snoring, and/or daytime sleepiness can signal a sleep disorder that usually can be treated. Talk to your primary care physician for a referral to Cardinal Sleep Centers or call (888) 740-5700 to set up an appointment to consult with a sleep physician. Cardinal Sleep Centers has locations at Silver Cross Hospital and West Jefferson St. in Joliet, Community Hospital of Ottawa, Illinois Valley Community Hospital in Peru, and in Bourbonnais, Orland Park, Ottawa, Peru, and St. Charles.

Cardinal Sleep Centers is a National Sleep Awareness Week® (NSAW) 2008 Community Sleep Awareness Partner® working with the National Sleep Foundation to educate the public about the importance of sleep. More information about NSAW, sleep, and sleep disorders is available at NSF’s Web site, [www.sleepfoundation.org](http://www.sleepfoundation.org). Also visit [www.cardinalsleep.com](http://www.cardinalsleep.com) for more information and to take a self sleep evaluation.

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