



Sleep Studies Can Help Insomniacs Get Better Sleep, Shows Research

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Calgary, Canada based premium nutritional supplements company Nutriden Inc. has released new information on the benefits of participating in sleep studies for insomniacs as a part of its insomnia and sleep awareness campaign.

According to the National Sleep Foundation sleep studies are non-invasive, overnight exams that allow doctors to monitor a patient during their sleep to see what's happening in their brain and body. According to Tom Schumlich, Head of Nutriden Inc., "While some people use natural sleep aids to get better sleep, participating in such studies can help insomniacs as their sleep benefits from the extremely controlled environment of the research."

Also called polysomnography, these studies are a painless way of analyzing a person's sleep cycle. Like any other scientific study, they are conducted in a lab specially constructed to control factors that negatively affect sleep quality such as light intensity, noise, and temperature. While the participants are sleeping, an EEG monitors their REM and NREM cycles to pick up any sleep disturbances that occur. The information collected by the EEG is further analyzed by doctors who can then identify the cause for a person's disturbed sleep

cycle and provide suggestions that can help them combat their issues effectively.

Sleep studies are beneficial as they help doctors diagnose sleep disorders such as sleep apnea, periodic limb movement disorder, narcolepsy, restless legs syndrome, insomnia, and other nighttime behaviors like sleepwalking that cannot be diagnosed via simple blood tests and other reports. These studies can tell a doctor exactly what is disturbing a person's sleep and thus help them fix their issues.

In some cases, patients may need to attend multiple sleep study sessions to detect the actual cause of their issues. To learn more about other treatments and natural sleep remedies to improve the quality of one's sleep, visit Nutriden Inc.'s official website.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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