



Evaluation and Treatment of Sleep Disorders

262-522-3070

Pewaukee, Mukwonago & Delafield



Sleep Education - Sleep Disorders

Neurological Wellness Clinic evaluates and treats many common sleep disorders including insomnia, narcolepsy, restless legs syndrome, shift work disorder and sleep apnea.

The Importance of Sleep

Sleep is very important in maintaining a healthy and vibrant quality of life. Anyone who has struggled with getting regular sleep during the night will tell you how the lack of sleep can seriously affect their life. With their busy lives, many Americans sacrifice getting adequate sleep, leading to chronic sleep depression. Others may suffer from a primary sleep disorder which impairs their ability to sleep.

Lack of sleep can cause excessive tiredness during the day, which may lead to poor concentration; reflexes may be impaired; and judgment can be hindered. Sufferers may experience depression. A patient may experience issues in driving and at work. They may find it hard to be productive and functional in their daily activities. A chronic lack of sleep could also lead to serious health concerns such as high blood pressure, cardiac disease, heart arrhythmia, sexual dysfunction, or stroke.

Children who suffer from sleep disorders may struggle in school. Sleep deprived children may fall asleep during class which can hinder their learning ability, as well as create a behavioral concern for the school faculty.



The Importance of Sleep

Sleep is very important in maintaining a healthy and vibrant quality of life.

There are many useful home solutions that can improve the quality of your sleep.

Lack of sleep produces an inability to focus and concentrate. Children may be irritated, agitated, aggressive, and cranky during the day. They also may be difficult to awaken in the morning. Lack of sleep may stunt the child's growth and development. Studies have shown a correlation between lack of sleep in children and certain medical conditions such as Attention Deficit Disorder.

Sleep Disorder Home Solutions

The following are some things that you might try to help improve your sleep. These should be considered valid and useful home solutions for all sleep concerns.

- Keep a regular sleep schedule, including weekends and holidays
- Keep a routine before bed
- Sleep in a dark, quiet room, at a comfortable temperature
- Use your bed only for sleeping, sexual activity, and resting when you're sick
- Avoid large meals right before bed
- Avoid caffeine 6 hours prior to going to bed
- Avoid alcohol
- Avoid highly stimulating activities such as exercise, TV, and computer right before bed
- Get enough exercise during the day
- Monitor and limit rest/naps during the day
- Try relaxation techniques/calming activities when trying to sleep (taking a bath/shower, reading, meditation, listening to soothing music)
- Quit smoking. Nicotine is a stimulant and can keep you awake

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Dr. Sean A. Jochims offers care in sleep medicine, sleep disorders, sleep apnea, CPAP machines, CPAP masks, CPAP supplies, EMG and EEG testing, spine disease (including neck / back pain and radiculopathy), muscle / nerve disease, nerve conduction studies (including carpal tunnel syndrome and neuropathies), headaches, epilepsy and movement disorders (including Parkinson's disease, tremors and Botox treatment).