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Health Beat by Laura Ungar

The medical reporter is in. News Journal staffer Laura Ungar dispenses health tips, shares the latest research and looks at health issues facing Delawareans.

Thursday, June 03, 2004

Zzzzzz.....

As a working mom, I rarely get a full night's sleep. Either my 2-year-old daughter calls for me in the middle of the night, my 5-year-old rises before dawn or the everyday stresses of life cause me to lie awake in bed.

Medical professionals say I've got lots of company in my sleeplessness. Awake in Philly, a Philadelphia-based community education focusing on sleep disorders, says 30 percent of Delaware Valley residents are excessively sleepy, and two-thirds have not sought medical attention.

Sleepiness often interferes with daily life. In a recent survey of Delaware Valley residents, 37 percent reported falling asleep at work and 16 percent reported dozing off behind the wheel. (Thankfully, the only place I've dozed off was on my couch while watching TV.)

Awake in Philly hopes to raise awareness about the problem, and has declared June 5-11 as Excessive Sleepiness Awareness Week. It coincides with a huge meeting of sleep specialists next week at the Pennsylvania Convention Center. For symptoms of excessive sleepiness and other information, check out [this](#) Website.

| [6/3/2004 01:41:05 PM](#)

Thanks for sharing this information about sleepiness. I had a problem for several years, and after reading this posting, I talked to my doctor. He is sending me for a sleep study as a result of the tests and information on the Awake in Philly site. I guess they really did raise awareness. At least for me, they did.

Posted by Anonymous : [6/16/2004 03:06:28 AM](#)

Great!

Posted by [Laura](#) : [6/16/2004 04:10:53 PM](#)

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PROFILE



[Laura Ungar](#), 35, covers health and medicine for the News Journal and has worked at the paper for seven years. Ungar lives in Pike Creek with her husband and stays healthy chasing after their 5-year-old son and 2-year-old daughter.

Comments change

You'll notice that our comments form has changed. Several users asked for the ability include links in their comments. That can now be done. In the new format you can either sign a comment with a blogger username or anonymous. If you sign anonymous, you may include your name in the body of the comment.

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