



KYW-TV PHILADELPHIA



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## Sleepless In Philly

Jun 4, 2004 4:00 pm US/Eastern

PHILADELPHIA (KYW) Sleep disorders affect more than 70-million Americans and as Medical Reporter Stephanie explains, a new survey finds many people in our region are sleep deprived.

Being a little cranky or tired are not the only side affects Stahl reports there can be serious consequences.

People are supposed to get at least seven and a half hours of sleep each night but a Jefferson researcher says an alarming number do not. "We think that up to a third of Americans suffer from symptoms of sleep disorders, or are affected by sleep disorders," said Dr. Karl Doghramji.

A new survey says 30-percent of Philadelphia residents are excessively sleepy but only about one-third have sought medical attention.

Researchers also found 37-percent reported falling asleep on the job and 16-percent say they have dosed off while driving.

It is believed sleepy drivers cause more than 50,000 accidents a year.

Another sleep disorder possibly affecting many Philadelphians is "sleep apnea." Primary symptoms are snoring and excessive sleepiness

The report found 40-percent of residents say they snore yet only five-percent have notified their doctor.

If left untreated, "sleep apnea" can lead to high blood pressure, heart disease, or even strokes. However, it is not the only cause for sleepless nights.

Experts say if you are tired all of the time you should to talk to your doctor about a possible sleep disorder.

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Video:

[CBS 3's Stephanie Stahl has details.](#)

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Monday, June 7

All Times ET/PT

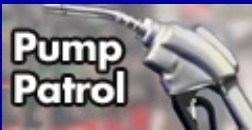
8:00 Yes, Dear

8:30 Still Standing

9:00 Everybody Loves Raymond

9:30 Two and a Half Men

10:00 CSI: Miami



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