



Al - Ahli Hospital promotes awareness on Sleep disorders

Awareness activities aimed at promoting Sleep Disorders and other chronic diseases while also urging residents to know their vital health statistics such as such as Obesity and ENT and heart problems held at the main lobby.

The aim of the event was to help people discover if they have sleep disorders and to provide them with information on how it can be improved.

A collection of stands at Al - Ahli Hospital lobby helped visitors to test about factors such as, pulse, weight, height, body mass index (BMI), blood sugar and cholesterol level, and how the data relate to an individual's age and gender that influence sleep disorders also a an assessment was done to all visitors that provides the clinical doctors with facts to diagnosis sleep disorders individually. Visitors whose test findings indicate that they are at risk of sleep disorders problems were advised to undergo further tests to measure the level of risk. Visitors were also advised on how to prevent heart disease as well as the provision of education and information on lifestyle choices for good sleep.

Patients who has been treated at Al Ahli Hospital sleep disorder clinic showed a progress respond up to 80% due the facility state of art equipment's and professionals

Dr. Hassan Al-Sawaf, Head of Pulmonary Department said, "we have one of the most advanced sleep laboratories in the state of Qatar , to diagnose various common sleep disorders such as insomnia, difficulty sleeping, night wake, sleep paralysis and walking while sleeping, using the best modern equipment.

Dr. Hassan pointed out that people with sleep apnea snore loudly, but not everyone who suffers from snoring has a problem with breathing during sleep, sleeping becomes intermittent throughout the night, and this makes the patient feel sleepy throughout the day, it will also increase the exposure to traffic accidents and injuries at work.