

Sleep well. Sit right. **Stand tall**

The Inconvenient Truth Sleep disorders and posture-related problems are stressing out Mumbaiites, finds Menaka Rao.

“Many who come to me worry about their sleep and want to be off sleeping pills completely,” said Dr Preeti Devnani, who runs sleep disorders clinic at Khar and Jaslok Hospital, Peddar Road.

Dr Nikhil Gore, 50, a general practitioner in Andheri, knew something was seriously wrong with him when he could not sleep for four days after he decided to not take his sleeping pill. “I had made it a habit to pop a sleeping pill almost every night for about three to four years. I got fed up and decided to give up the medication. I didn’t sleep for four nights straight. That’s when I decided to go to the doctor,” said Dr Gore, whose name has been changed to protect his identity. The problem with Dr Gore was that he kept irregular working hours and would work till about midnight every night before going to sleep.

Dr Gore met sleep specialist, Dr Preeti Devnani, who first told him to get off sleeping pills and advised him to wake up at least by 7:30 am. “I wake up at least by around 8:30 every day. Earlier I would wake up only by 11:30 am or so. I also eat in the clinic so that I can hit the bed as soon as I reach home,” said Dr Gore. This therapy has helped Dr Gore sleep much better.