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# "40% Malaysians is suffering from sleep disorders"

"Insufficient sleeping hour" has become a common problem of the modern man. Due to the influence of technology and globalization, the modern man's sleeping hour is no longer regular, and sleep disorders are escalating gradually, slowly forming a vicious circle and giving an extremely negative impact to the body. Professor Dr. MUHD. MUHSIN AHMAD ZAHARI, the president of the Malaysian Sleep Disorders Association, claims that sleep disorders not only prevent our body from getting enough rest, but also induce high blood pressure, diabetes, arrhythmia, memory loss and stroke. Therefore, the importance of a good sleep cannot be underestimated. He says that about 40% of the population in China is now facing the problem of sleep disorders, and 7% of them has obstructive sleep apnea (OSA), and most of these patients suffer from obesity and asthma problems at the same time.

### The vicious circle of insufficient sleep and weight gain

According to the Annual Survey of Overweight and Obesity in Southeast Asian Countries by World Health Organization (WHO), Malaysia's overweight and obesity rate, at 44.2%, is the highest in Southeast Asia, far exceeding those of other countries. Apparently, obesity and lack of sleep are closely linked. Professor Muhd Ahmad explains that when there is lack of sleep, the body's hunger hormone-- ghrelin--increases significantly, while Leptin, the hormone that regulates the appetite, is correspondingly reduced. At the same time, metabolic capacity is reduced, and the body's heat-burning efficiency dwindles while the appetite increases, giving rise to weight gain. That is why all-nighters cannot resist supper.

