Health and Sleep
At least a third of the population suffers from sleep disorders. Several sleep problems often occur at the same time, for example pain, insomnia and bruxism are often related. Disturbed sleep increases the risk of various pathologies such as cardiovascular diseases, metabolic dysfunction, neurological diseases, cancers and psychological problems because regeneration is impaired. Of course, the factors of (physical) activity, healthy consumer behaviour and optimized environmental factors are also decisive in salutogenesis.

Diagnostics
As many symptoms as possible should be recorded during the assessment. The challenges within the circadian rhythm must be recognized.

Treatments
Holistic treatment can also influence as many parameters as possible at the same time: A balance should be achieved in the vegetative nervous system. For optimal sleep, all sleep-promoting factors should be taken into account. Physical exhaustion increases due to muscle activity (evident in metabolic breakdown products, among other things), the emotional ability to sleep is partially impaired by stress hormones, cognitive recovery can be measured by the concentration of β-amyloid, τ-protein and α-synuclein (cleansing activity of the glymphatic system during sleep) and the influence of nutrition can be seen in the concentration of leptin, ghrelin and orexin. All parameters are influenced by behavior.

Pro Dormo helps you get a restful night's sleep.
Holistic Treatments for many Sleep Disorders

- Stimulation of all (at least nine) senses (visual, haptic, auditory, olfactory, gustatory, thermoceptive, proprioceptive, vestibular, nociceptive)
- Physical activities: e.g. forest bathing, strength and endurance training
- Physical relaxation: e.g. breathing exercises, awareness training, stretching, etc. (partly with manual support)
- Emotional balancing
- Cognitive utilization
- Balanced diet
- Cognitive behavioral therapy

Holistic Treatments for Obstructive Sleep Apnoea

Sleep apnoea also often occurs with other sleep disorders such as insomnia, headaches or bruxism. Therefore, a holistic approach is also crucial in their treatment. With regard to the standard therapy, positive airway pressure (PAP), it should be mentioned that around a third of patients cannot sleep at all and a further third only use the therapy for around 4 hours per night.

Alternatives to PAP are: a) positioning (prevention of supine position or raising the head section brings relief in about half of the patients), b) Velumount palatal brace, c) protrusion splint, d) care of the nasal mucosa, e) nasal dilator, f) training of the oropharyngeal muscles in particular, g) weight reduction, h) healthy consumer behavior.

You will find lots of information, tips and links on the website

Pro Dormo wants to ...

... provide information on the subject of sleep in the form of lectures, brochures and events.
... put you in touch with experts in case of inquiries.
... support the establishment and maintenance of self-help groups.
... facilitate close cooperation with the public sector.
... promote the formation of advisory networks for those affected and specialists.
... offer further education and training for sleep seekers and therapists.

Pro Dormo ... is committed to improving health and well-being.

The association consists of an interdisciplinary team and has room for people with diverse needs and different wishes. We look forward to working together!