

10 Things to Hate About Sleep Loss

By: Camille Peri, WebMD Feature

Reviewed by James Beckerman, MD, FACC

You know lack of sleep can make you grumpy and foggy. You may not know what it can do to your sex life, memory, health, looks, and even ability to lose weight. Here are 10 surprising -- and serious -- effects of sleep loss.

- 1. Sleepiness Causes Accidents**
- 2. Sleep Loss Dumbs You Down**
- 3. Sleep Deprivation Can Lead to Serious Health Problems**
- 4. Lack of Sleep Kills Sex Drive**
- 5. Sleepiness Is Depressing**
- 6. Lack of Sleep Ages Your Skin**
- 7. Sleepiness Makes You Forgetful**
- 8. Losing Sleep Can Make You Gain Weight**
- 9. Lack of Sleep May Increase Risk of Death**
- 10. Sleep Loss Impairs Judgment, Especially About Sleep**

The Benefits of a Good Night's Sleep



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Dr. Berber is co-director of the Centre for Neuropsychiatric Study, and has published widely and appears regularly on television and radio

As a physician and psychiatrist, I am especially aware of the importance of a good night's sleep. Sleep plays a vital role in promoting physical health, longevity, and emotional well-being. After a good night's sleep, you feel better, your thoughts are clearer, and your emotions are less fragile. Without adequate sleep, judgment, mood, and ability to learn and retain information are weakened. Chronic sleep deprivation may lead to obesity, diabetes and heart disease.

One of the most important requirements for a good night's sleep is a quiet environment. Unfortunately, in busy and congested urban areas, extraneous traffic noise often destroys the tranquility of our bedrooms. When faced with such a noisy challenge, my research on sound-proofing quickly led me to Soundproof Windows Canada and their bquiet product line.

The knowledgeable, caring and attentive staff at Encore delivered windows that were aesthetically pleasing, professionally installed and dramatically effective. The bedroom is now quiet, serene and a wonderful place to fall asleep.

I highly recommend Soundproof Windows Canada and their bQuiet line of window.

Sincerely,

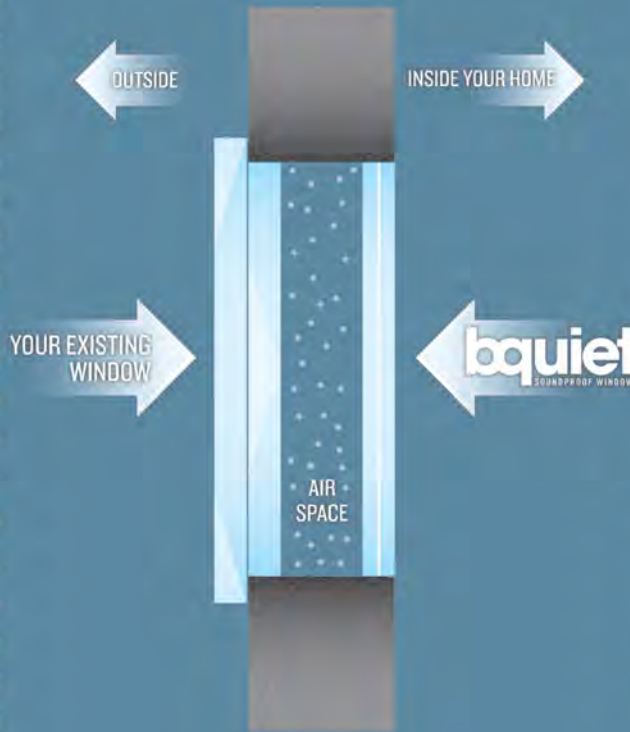
Mark Berber MD



bquiet
SOUNDPROOF WINDOWS

WHY bquiet WINDOWS WORK & SOUND REDUCTION BASICS

A bquiet Window is a second window that is placed on the inside of your existing window. It consists of 6mm laminated glass with a minimum O30 laminate and heavy gauge aluminum frames that adapt to any interior. The goal is to mount the soundproof window at least 3"-4" away from the glass of the existing window, as sound reduction is achieved with density and space. The further away the soundproof window is placed from your existing windows, the greater the sound reduction. For example, a soundproof window that is located 4 1/2" away from the existing window has a 3-5 point higher STC (Sound Transmission Class) rating compared to one that is located 2 1/2" away.



The ability for something to reduce the amount of sound that passes through it is measured in STC or Sound Transmission Class - it is expressed on a scale of 0-100 (100 being completely soundproof). For example to achieve an STC rating of 100 your home could not have any windows and be comprised of concrete walls 3 feet thick. A typical house with brick walls would have an STC of approximately 60-65 on the walls. The problem is the windows - a typical thermal window with 5/8" airspace has an STC rating of approximately 27-29. Therefore, the majority of the noise you hear is coming through your windows.

Table1: Length of Hospital Stay During Noise and Quiet Periods

	Mean Length of Hospital Stay (days)	Standard Deviation of stay	Number of Patients	Patient Males	Mean age (years)
Quiet Period Beginning 8/71	11.2	6.4	37	43	66
Noisy Period Beginning 8/72	11.7	6.5	52	42	68
Quiet Period Beginning 8/73	10.3	7.2	58	43	64
Pooled Quiet Periods	10.7	6.9	95	43	65
Sub Sample Quiet Period Beginning 8/71	8.6	1.4	24	50	67
Noisy Period Beginning 8/72	*9.9	4.0	42	45	68
Quiet Period Beginning 8/73	8.7	2.5	42	48	64
Pooled Quiet Period	*8.7	2.1	66	48	65

* Length of hospital stay is significantly longer during noisy period than during pooled quiet periods ($p < 0.05$, one tail test).

The Human Ear

The more silent your surroundings the more sensitive the human ear becomes to noise, allowing for noise reductions of 30-40% to become noticeable. If outside noise is constantly above 55dB, reducing it to a level below 40dB equates to a 75-95% reduction because it will feel as though the noise has virtually disappeared. This is what we achieve with our bquiet windows.



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