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President & CEO

**Bacharach**

## LEADERSHIP REPORT



March 2019

Dear Friends,

With [National Sleep Awareness Week](#) taking place March 10-16, it's a good reminder to recognize the health benefits of proper sleep and make sleep a priority.

Recent Gallup research states that Americans sleep a full hour less today than they did in 1942. The lack of sleep has become a national epidemic, affecting roughly one third of all Americans.

Sleep deficiency may affect ability to make decisions, problem solve, control emotion and cope with change. It can lower immunity to disease, because during sleep the body makes cytokines, proteins that boost the immune system and fight inflammation.

Bacharach was one of the first hospitals in South Jersey to treat sleep disorders, as the relationship between sleep apnea, heart disease and stroke became more evident.

[Sleep apnea](#) is a leading cause of insufficient sleep among Americans. It is closely linked to obesity, high blood pressure and heart disease, and may be identified through a sleep study, known as polysomnography.

Sleep studies are sophisticated tests that measure brain activity, breathing, heart rate, oxygen levels, eye and leg movements and overall sleep pattern. Only a physician board certified in sleep medicine has the credentials to properly interpret the data gleaned during a sleep study.

There is nothing frivolous about getting an adequate amount of sleep.

Please [visit us in Galloway or Hammonton](#) during National Sleep Awareness Week to learn more.

Sincerely,

Richard Kathrins, Ph.D.  
President & CEO

