Wockhardt launches first of its kind sleep disorder clinic in Mumbai

21 September 2022 | News

There is poor awareness amongst general population about the importance of sleep

Wockhardt Hospital has launched a sleep disorder clinic at the Mumbai Central branch which will deal with all issues related to sleep health. This clinic will deal with all kind of sleep disorders including sleep apnea, insomnia, hypersomnia, snoring, parasomnia etc. The clinic will the managed by a multi- disciplinary team of Neurologist, Psychologist, Psychiatrist and Sleep technicians.

According to a survey conducted by Philips Healthcare in 2021, 93% of Indians are sleep deprived, getting less than 8 hours per night. 58% believe their work suffers due to lack of adequate sleep, 11% take leave from work because of lack of sleep, 11% confessed having fallen asleep at work due to a poor night's sleep and 38% witnessed a colleague falling asleep at work. 15% report having sleep disruptions related to work stress but only 2 % Indians discuss their lack of sleep with a physician.

Poor sleep can be a manifestation of underlying medical disorder and by itself lead to disastrous health consequences. In India, we lack a standard approach to diagnose and manage the sleep disorders. Considering this, a multidisciplinary team of specialists from different sub-specialties with experience and training in the management of sleep disorders has been formed to provide holistic solution for all issues related to sleep health.

Image caption- L-R- Dr Prashant Makhija, Consultant Neurologist, Wockhardt Hospital, Mumbai Central and Dr Malik Merchant, Consultant Psychiatrist, Wockhardt Hospital