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## **Florida E.N.T. & Allergy Recognizes National Sleep Awareness Week**

TAMPA, Fla. – March 14, 2018 – Florida E.N.T. & Allergy will celebrate National Sleep Awareness Week during the week of March 11 through March 17 to increase public education and awareness regarding the importance of sleep.

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your physical health, mental health, quality of life and overall safety. The way you feel while you are awake depends in part on what happens while you are sleeping. According to the National Sleep Foundation, adults should get at least seven to nine hours of sleep each night. Lack of sleep is connected to a series of medical conditions, and during sleep, your body is working to support healthy brain function and maintain your overall health.

Because life is a reflection of how you sleep, and your sleep is a reflection of your life, “quickly diagnosing sleep disorders and deprivation is an essential step in leading a healthier you,” states Dr. Pierre Musy, at Florida E.N.T. & Allergy. “Sleep deprivation has been linked to serious medical conditions such as stroke, diabetes, obesity, hypertension and at times, depression.” Dr. Musy has over 13 years’ experience, diagnosing and treating patients with sleep disorders.

### **Assessing if you are receiving adequate amount of sleep:**

- Do you feel sleepy while driving?
- Are you dependent on caffeine to get through your day?
- Are you productive during the day?
- Do you feel happy and healthy on 7 hours of sleep?
- Difficulty paying attention or concentrating?
- Told by others that you look tired?
- Difficulty controlling your emotions?
- Feel or need to take naps daily?

“We are a highly sleep-deprived society. The damage from sleep deficiency can occur in an instant, or it can harm you over time. It is essential to your health and well-being that you discuss any sleep issues that you may be having,” continued Dr. Pierre Musy.

For more information, visit [www.floridaentandallergy.com](http://www.floridaentandallergy.com) or call (813) 879-8045.

**About Florida E.N.T. & Allergy:** The physicians of Florida E.N.T. & Allergy have served the Tampa Bay community for over 40 years. From pediatric allergies to fitting hearing aids, our caring and experienced physicians specialize in ear, nose and throat care for the entire family using comprehensive, cutting-edge technologies.

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