

CONVERSATIONS UNLIMITED - Monday, April 14, 1986

INTRO UP AND UNDER

Hi, everybody. How are you, anyway? Did you get a good night's sleep? My question, I'll have you know, is not asked from idle curiosity. I've been having a curious experience lately with my own sleeping habits: I'm awakening at 3 a.m. and staying awake -- very wide awake -- for two or three hours before dropping back. How about you? Any problems with your sleeping? Since we all need sleep, the subject is of significance to all of us. Today we'll be talking with Dr. Theodore L. Baker, assistant professor in the Department of Psychology at the State University of New York at Stony Brook. Dr. Baker is director of the Sleep Disorders Center at Stony Brook. How are you doing, Doctor? Sleeping well?

INTERVIEW DR. BAKER:

- How common are sleep disorders?
- Physical causes vs psychological causes
- Apnea: precursors are snoring and weight gain  
musculature problem/breathing halted  
treatment: CPAP (continuous positive airway pressure) mask from Australia
- Narcolepsy: falling asleep at inappropriate times
  - cannot be cured
  - treatment: antidepressant and stimulant drugs
- Insomnia: cannot fall asleep; wake up frequently
  - sleep hygiene: counseling; develop regular sleep patterns and routine
- Dreams: cause or effect?
- Sleep walking/talking
- What general recommendations does Dr. Baker give?

14:00

--- MORE ---

13:15

We'll take a short break, then return to talk with Dr. Ted Baker about his work with people with sleep disorders. Please stay with us.

BRIDGE MUSIC UP AND UNDER

Hi. I'm Al Oickle. I'm at the State University of New York at Stony Brook with Dr. Ted Baker, director of the Sleep Disorders Center at Stony Brook. Where on campus is the center, Dr. Baker?

- Describe the Sleep Disorders Center
- Review workload: referrals, walkins
- Describe a typical patient's overnight stay
- What research is being carried out at Stony Brook?
- Get more information on CPAP
- What advances have been made over the years?
- What advances lie ahead?
- More advice on what those with disorders should do

29:00

OUTRO

####

14:30



28:00