

Sleep Clinics: Why They're Becoming Essential

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The overnight polysomnography remains the gold standard. Patients arrive in the evening, settle into a private room, and rest naturally while sensors capture vital signals.

Dr Saha reassures patients who may be nervous, "A sleep study is a painless overnight test. Sensors simply record information, and in the morning, the patient goes home. Our specialist analyses the results to understand the cause of the problem."

Before undergoing a study, most clinics require a consultation,

When should you consider booking a sleep study?

Most people delay seeking evaluation for years, blaming exhaustion on stress or poor routines. Neurologists emphasise that central disorders often stay hidden because they produce no snoring or obvious signs.

"They remain hidden for years because they produce no snoring," Dr Najim Uddin notes.

Patients often assume they are simply tired until more serious consequences like memory issues, mood changes, or sudden sleep episodes in dangerous situations appear.

realise that conditions like sleep apnoea can increase the risk of stroke, heart failure, and cognitive decline. Neurologists warn that untreated disorders take a long-term toll.

"They impair cognitive function, worsen mood and irritability, reduce productivity, weaken immunity, increase accident risk, and cause emotional burnout," says Dr Najim Uddin. His reminder underscores why sleep care is becoming an essential part of modern healthcare.

As more clinics open and as specialists across neurology,



as Dr Mohammed explains: "It is recommended to visit a specialist doctor. The physician will score the Epworth Sleepiness Scale with standard questionnaires to evaluate if a study is advisable."

Similarly, Dr Saha notes that patients "should be evaluated by a specialist or an ENT/pulmonologist before the test" to determine the correct type of study.

These structured assessments help ensure that patients are not over-tested or misdiagnosed.

Meanwhile, doctors who handle breathing-related disorders see many individuals whose sleep apnoea was ignored until it worsened other health issues. Loud snoring, observed pauses in breathing, waking up choking or gasping, and persistent daytime lethargy are some of the clearest signs that a study could be lifesaving.

The future of sleep health

Clinics in Bangladesh are expanding rapidly, but awareness remains limited. Many people still do not

pulmonology, and ENT fields collaborate, Bangladesh is entering a new era of medicine — one where sleep is finally being treated with the seriousness it deserves.

With hospitals investing in advanced diagnostics, home-testing options expanding, and more people recognising the signs of disorders, the future of health in the country looks stronger than ever.

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