

## Bangungot - Silent Killer!

*Sudden Unexpected Death Syndrome (called **bangungot** in the Philippines, **lai tai** in Thailand, and **hukuri** in Japan) is sudden unexpected death of adolescents and adults during sleep. Bangungot is rarely observed in the Western world, and appears to occur more commonly among young men in East and Southeast Asian countries. The term originated from the **Tagalog** word meaning "bad dream."*

Most of us don't drink before sleeping because we want to avoid frequent trips to the bathroom.

**SILENT KILLER:** What u need to know about NIGHTMARE or BANGUNGOT !

I received this information from a US-based pharmacist who is a cousin of a colleague. It seems only MALES are afflicted with this. We had a co-staff/driver from FAO who died last month from supposedly BANGUNGOT -- leaving a housewife and 3 very young kids.

**IMPORTANT:** Never go thirsty when going to bed and be sure you have plenty of water during your 8-hour rest. Bangungot has killed a male nurse of UERMMH. It is sudden death in adults which cause them to die while sleeping. Many theories have been put forward as its cause.

However, here is an article which sheds some light to the cause of this malady. Please read on.

Article from THE PHILIPPINE STAR:

The reported cause of actor Rico Yan's death is nightmare or bangungot. Medical investigators in China, Japan and several Asian countries who performed autopsies on persons who died from "acute hemorrhagic pancreatitis" found out that the majority of them **had eaten NOODLES as their supper**. This was a startling finding. However, it wasn't the noodles that caused nightmares but **DEHYDRATION**.

Imbibing even with a few drinks of alcohol or just eating noodles immediately before bedtime compound this on an empty stomach will trigger an electrolyte imbalance and other factors that causes a person to dehydrate or lose water.

It is therefore advisable for a person to take several glasses of water before bedtime if he had a few or several alcoholic drinks. Avoid eating noodles before bedtime, but if you can not avoid it, allow at least two hours for the body to digest the noodles before hitting the sack and drink plenty of water.

The most important thing is, **never go thirsty when going to bed** and be sure you have plenty of water during your 8-hour rest.