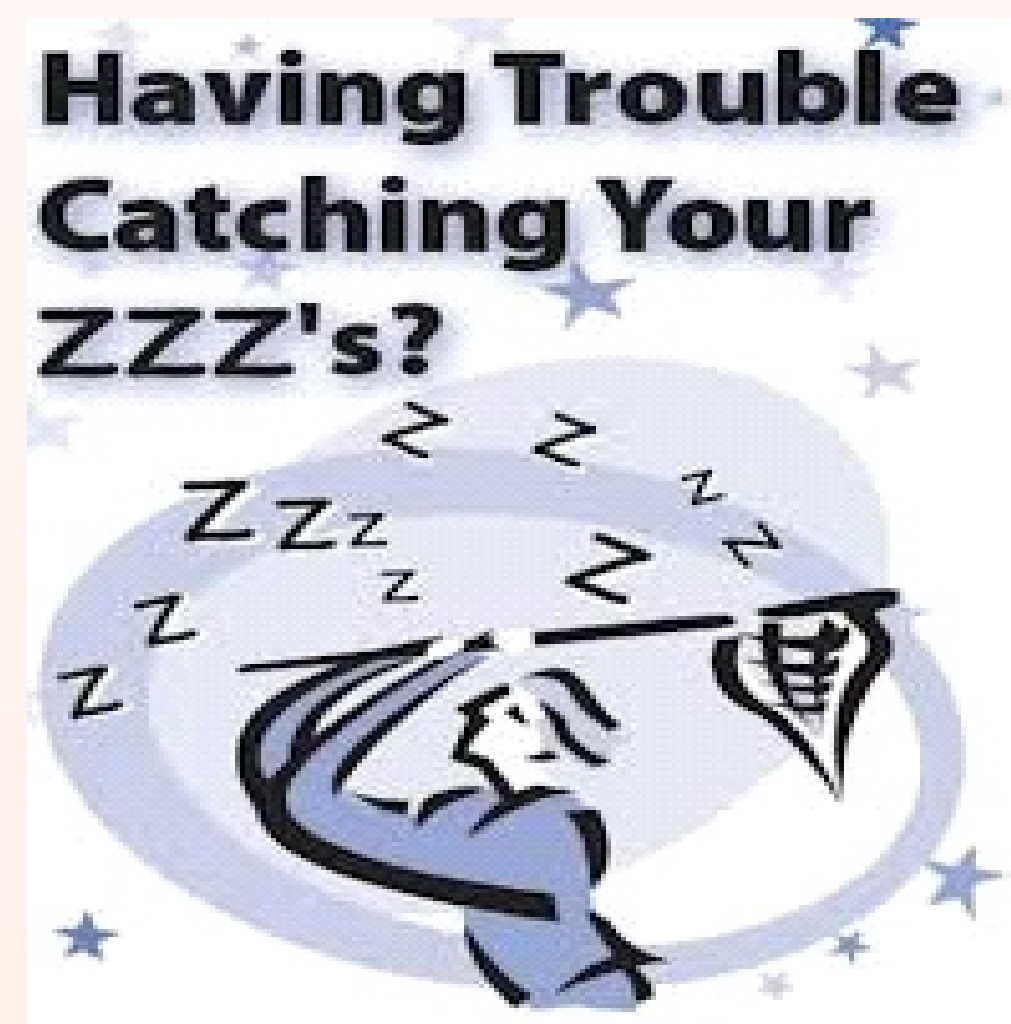


Common Sleep Disorders



84 Known Sleep Disorders

Categories

Insomnia	Sleep Related Breathing Disorders	Hypersomnias
Circadian Rhythm sleep disorders	Parasomnia	Sleep Related Movement Disorders
	Other Sleep Disorders	

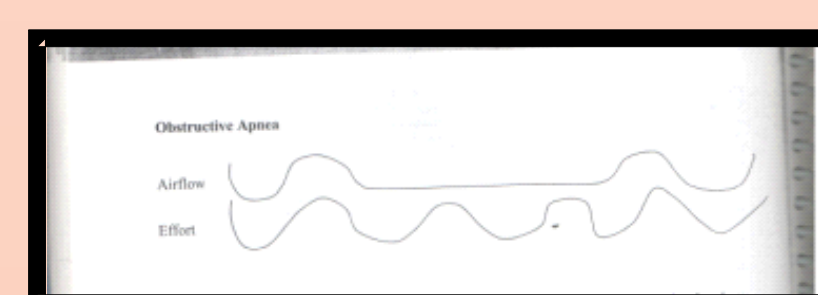
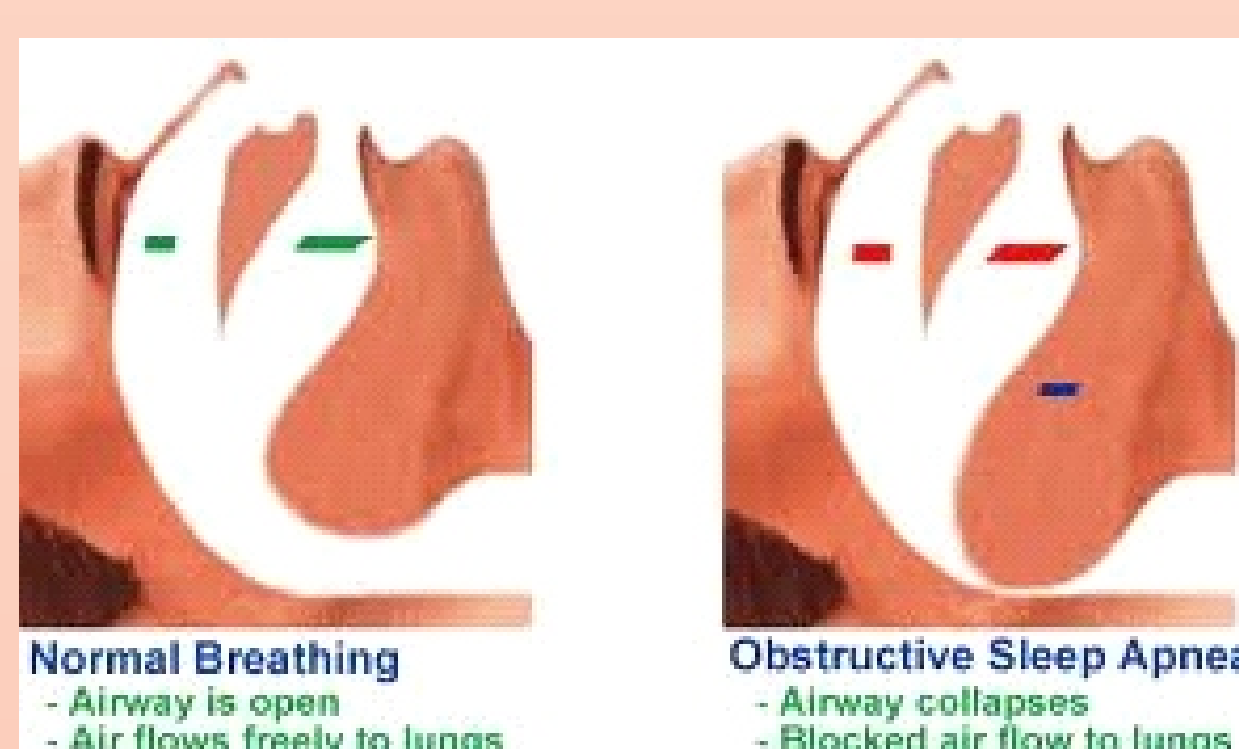
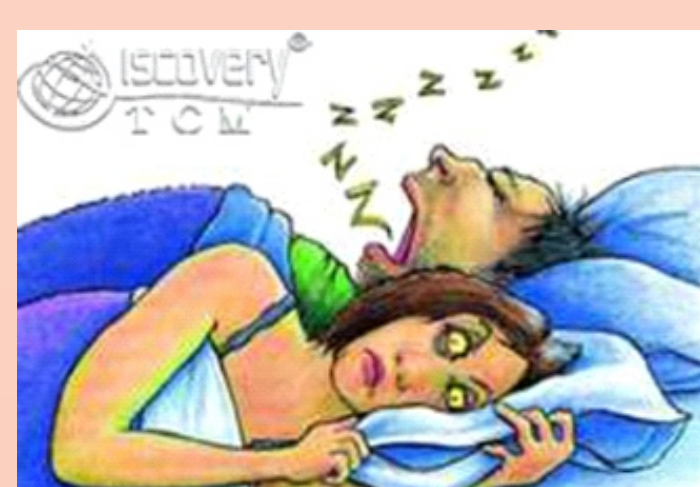
Insomnia/Cannot Sleep

- Repeated difficulty with Sleep quality-despite adequate time & opportunity
- Extremely Common:
- Causes: stress, excitement, pain, illness, changes in time zones, light, noise, etc.
- It can be due to wrong association with bed.
- Sometimes misperception of sleep is observed.
- Inadequate sleep hygiene one of the most common cause of insomnia.
- It can be due to prescribed medications for blood pressure.



Obstructive Sleep Apnea

Breathing stops during sleep



Snoring-most common symptom
Choking in sleep
Obesity-largest contributor
Large neck circumference
Excess body fat

OSA contributes to:

- * High Blood Pressure
- * Heart disease
- * Stroke
- * Depression
- * Excessive Daytime Sleepiness (EDS)

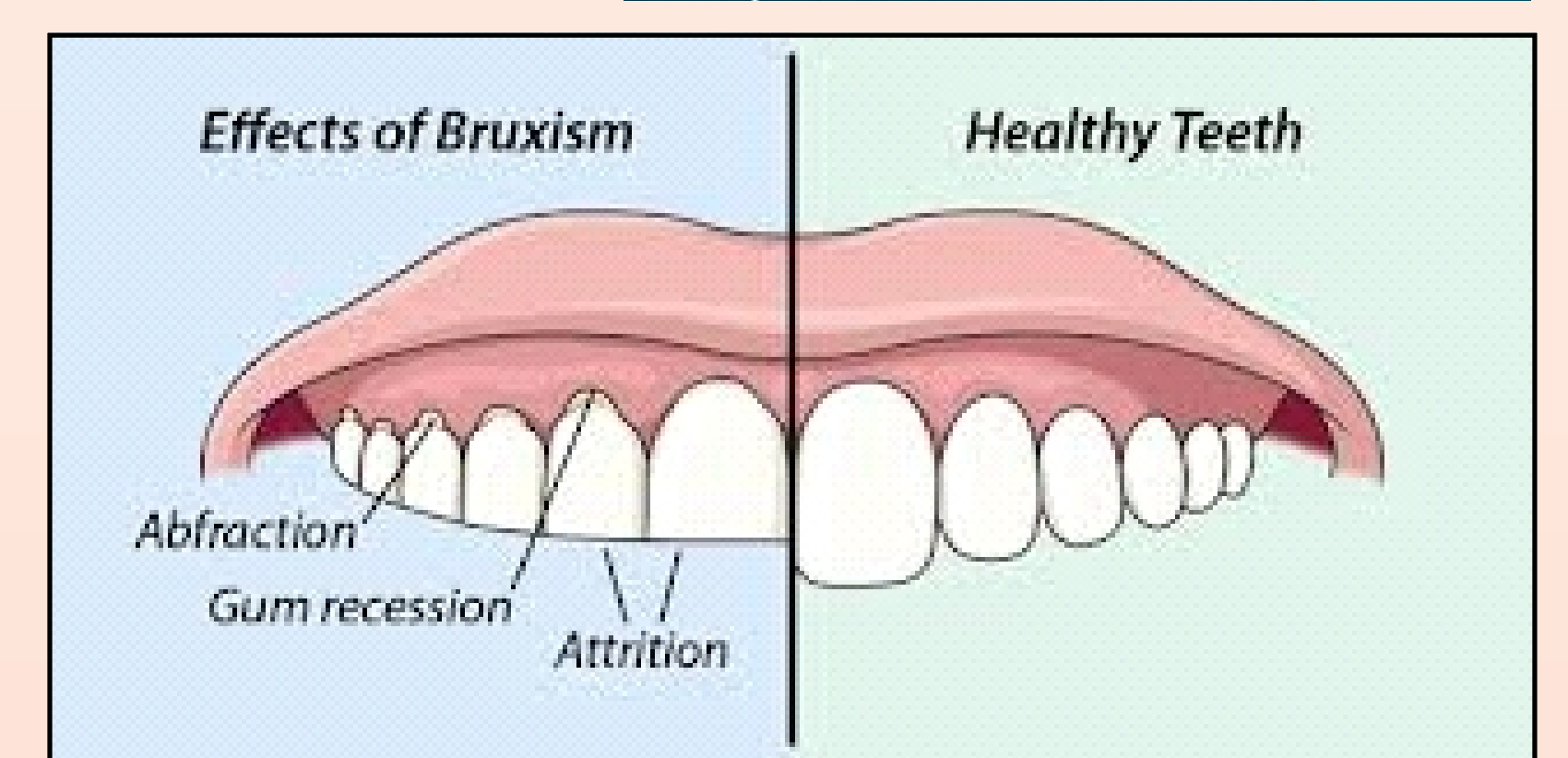
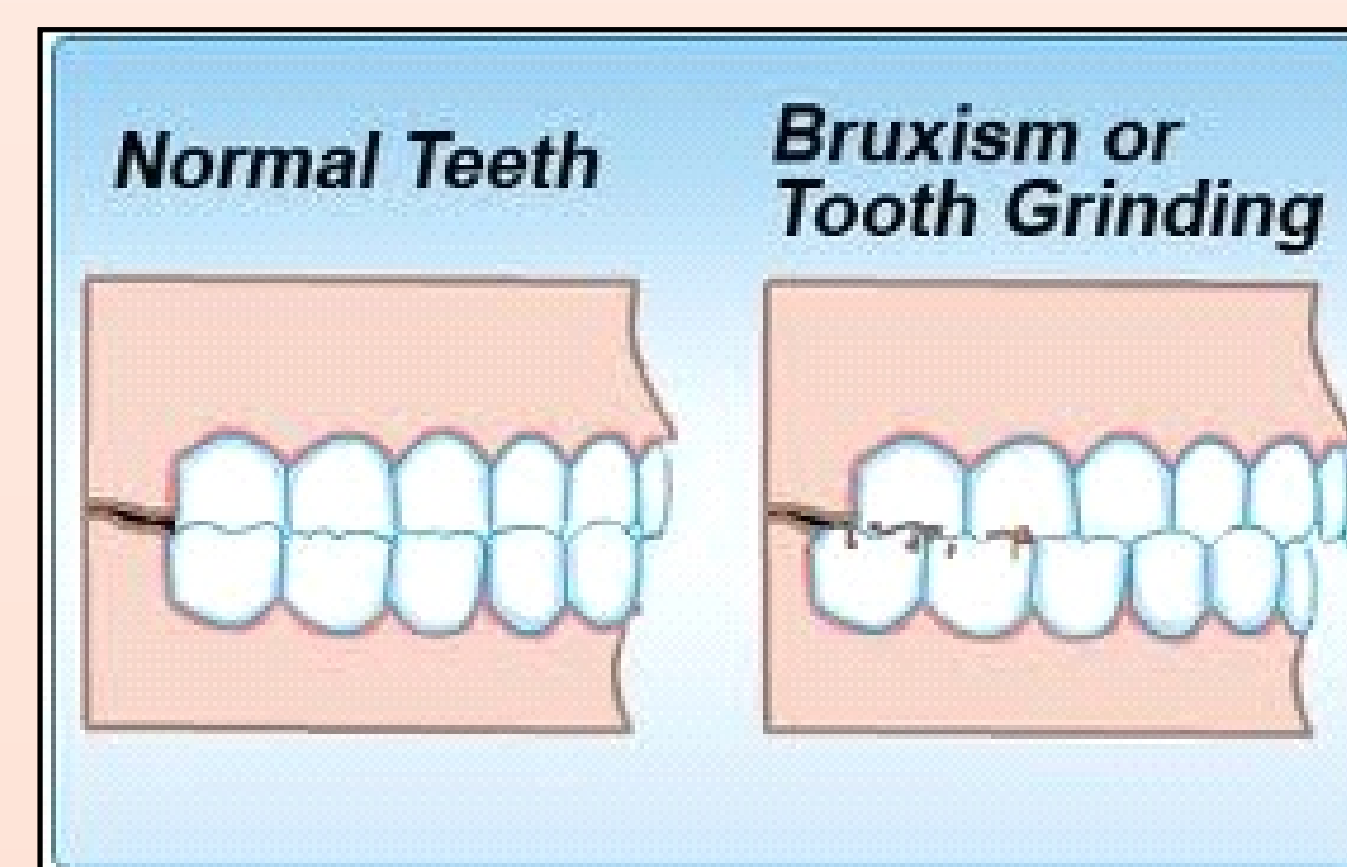
Periodic Leg Movement Disorder (PLMD)

- Involuntary movement of legs during sleep
- Common Symptom: fragmented sleep, daytime sleepiness
- Affects sleep of the bed partner

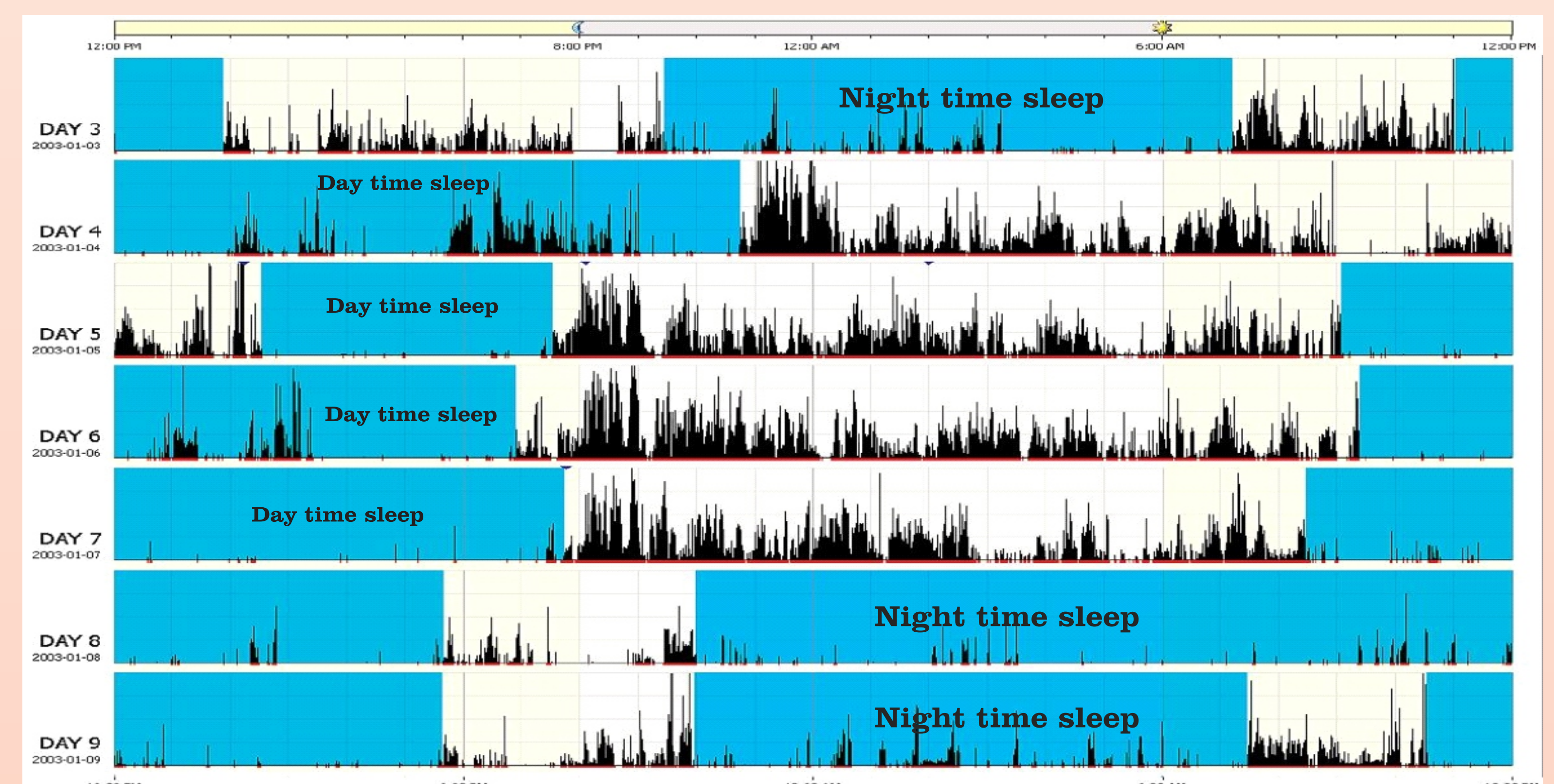


Bruxism

- Teeth Grinding during Sleep
- More Disruptive to the bed partner
- May experience muscle soreness or headaches in the morning
- Most commonly seen among children

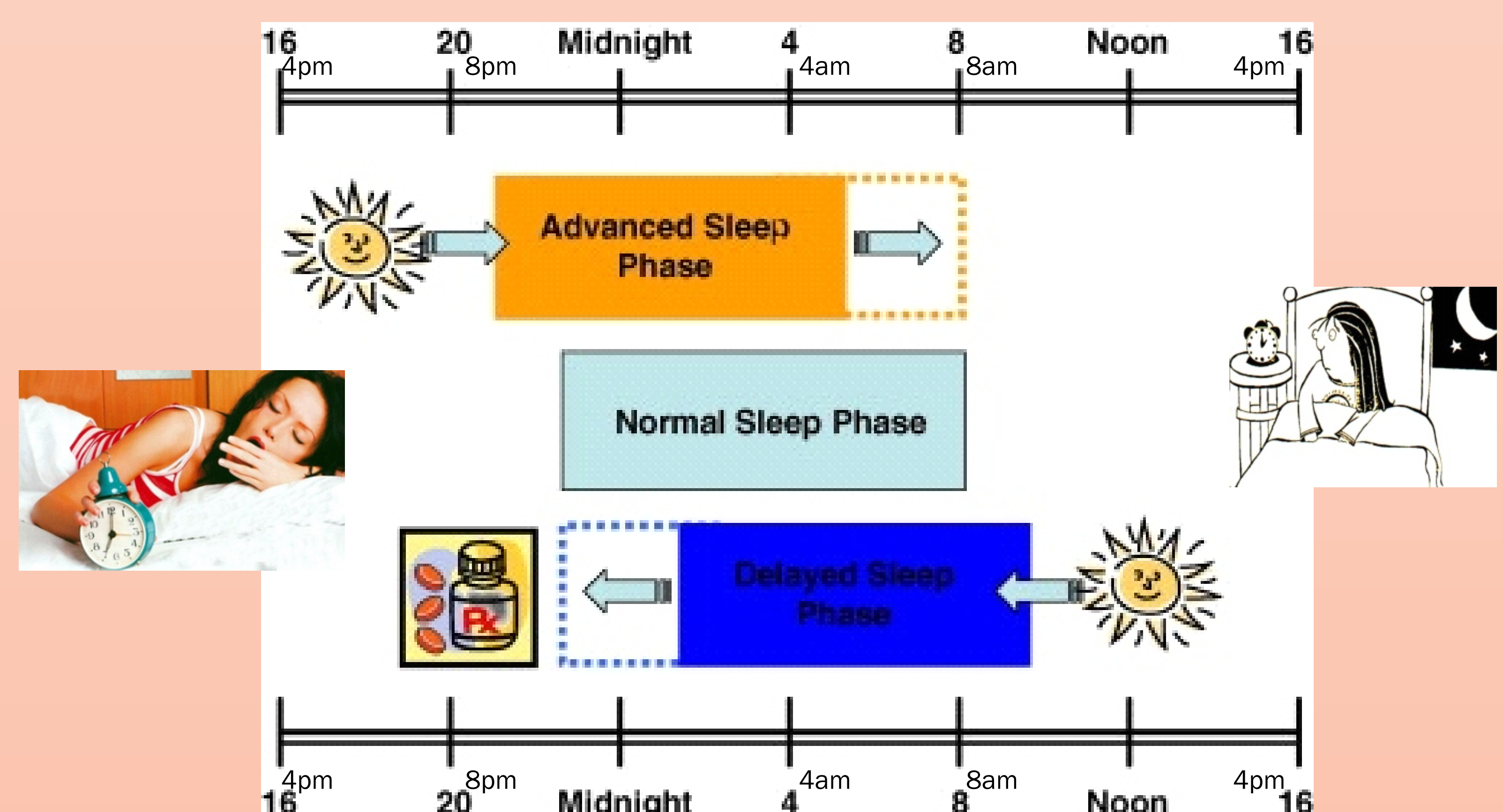


Shift Work Disorder



- As India has become hub of BPO's, the prevalence of shift work disorder is increasing.
- Work in shift work position, either night-shift or rotating shift for the past 2 week.
- Impairment in daytime functioning, typically insomnia or excessive daytime sleepiness, present for > 1 month.

Advanced/Delayed Phase Syndrome



- Advanced Phase: Feeling sleep very early and wake up too early in the night.
- Delayed Phase: Sleepy late at night and wake up late in the morning.
- Advance Phase is common in elderly population.
- Most youngsters today are Delayed Phase. Awake till early morning, texting or surfing.