

## 5. Sleep Disorder

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### **Meaning Of Sleep**

1. Sleep Disorders Are Conditions That Affect The Quality, Amount And Timing Of Sleep You're Able To Get At Night.
2. Common Sleep Disorders Include Insomnia, Restless Legs Syndrome, Narcolepsy And Sleep Apnea. Sleep Disorders Can Affect Your Mental Health And Physical Health.
3. Treatment Is Available To Help You Get The Rest You Need.

### **What Are Sleep Disorders?**

Sleep Disorders Are Conditions That Affect Your Ability To Get The Rest Your Body Needs And Maintain Wakefulness. There Are Over 80 Sleep Disorders That Impact:

### **How Well You Sleep (Quality).**

When You Fall Asleep And If You Can Stay Asleep (Timing).

How Much Sleep And Wakefulness You Get (Quantity Or Duration).

Everyone Can Experience Problems With Sleep From Time To Time. But You Might Have A Sleep Disorder If:

### **You Regularly Have Trouble Sleeping.**

You Feel Tired During The Day Even Though You Slept For At Least Seven Hours The Night Before.

It Becomes Difficult To Perform Regular Daytime Activities.

### **What Are The Types Of Sleep Disorders?**

There Are Over 80 Different Types Of Sleep Disorders. The Most Common Include:

1. Chronic Insomnia: You Have Trouble Falling Asleep Or Staying Asleep Most Nights For At Least Three Months And Feel Tired Or Irritable As A Result.
2. Obstructive Sleep Apnea: You Snore And Have Moments During Sleep When You Stop Breathing That Disrupt Your Sleep.
3. Restless Legs Syndrome: You Have The Urge To Move Your Legs When You Rest.
4. Narcolepsy: You Can't Regulate When You Fall Asleep Or How Long You Stay Awake.
5. Shift Work Sleep Disorder: You Have Trouble Falling Asleep And Staying Asleep And Feel Sleepiness At Unwanted Times Due To Your Work Schedule.
6. Delayed Sleep Phase Syndrome: You Fall Asleep At Least Two Hours After Your Desired Bedtime And Have Difficulty Waking Up In Time For School Or Work.
7. Rem Sleep Behavior Disorder: You Act Out Your Dreams While In The Rapid Eye Movement (Rem) Stage Of Sleep.

### **What Are The Symptoms Of Sleep Disorders?**

Symptoms Of Common Sleep Disorders Vary Based On The Type, But Could Include:

1. Difficulty Falling Asleep Or It Takes More Than 30 Minutes To Fall Asleep Regularly.
2. Trouble Staying Asleep Through The Night Or You Wake Up Often In The Middle Of The Night And Can't Fall Back Asleep.
3. Snoring, Gasping Or Choking Happens During Sleep.
4. Feeling Like You Need To Move When You Relax. Movement Relieves This Feeling.
5. Feeling Like You Can't Move When You Wake Up.

During The Daytime, You May Experience Additional Signs And Symptoms Caused By A Lack Of Adequate Sleep Including:

6. Daytime Sleepiness; You Take Frequent Daytime Naps Or Fall Asleep While Doing Routine Tasks.
7. Behavioral Changes Like Difficulty Focusing Or Paying Attention.
8. Mood Changes Like Irritability And Trouble Managing Your Emotions.
9. Difficulty Meeting Deadlines Or Performance Expectations During School Or Work.
10. Frequent Accidents Or Falls.
11. If You Feel Like You're Not Able To Get A Good Night's Rest Or Have Symptoms That Interfere With Your Daytime Activities, Talk To A Healthcare Provider.