

The background features a dark blue gradient with a subtle pattern of white dots. On the left side, there are several circular elements: a large scale with tick marks and numbers from 140 to 260, and several smaller circles with curved arrows indicating a clockwise direction. The text 'SLEEP-WAKE DISORDERS' is centered in the right half of the image.

SLEEP-WAKE DISORDERS

WHAT ARE SLEEP DISORDERS?

- Sleep disorders are changes in the way that you sleep.
- A sleep disorder can affect your overall health, safety and quality of life. Sleep deprivation can affect your ability to drive safely and increase your risk of other health problems.
- Some of the signs and symptoms of sleep disorders include excessive daytime sleepiness, irregular breathing or increased movement during sleep, and difficulty falling asleep.

TYPES OF SLEEP DISORDERS

- There are many different types of sleep disorders. They're often grouped into categories that explain why they happen or how they affect you.
- Some common types of sleep disorders include: Insomnia, Sleep apnea, Restless legs syndrome (RLS), Narcolepsy, Excessive Daytime Sleepiness, Sleepwalking, Sleep Terrors, and Nightmare Disorder
- Most can be treated effectively once they have been correctly diagnosed

INSOMNIA DISORDER



- A sleep disorder in which you have *difficulty falling asleep or staying asleep* throughout the night.
- May *frequently awaken* during the night, have *problems falling back asleep* when awoken, or *wake in the early-morning* with the inability to return to sleep
- Must occur at least 3 nights per week and be present for at least 3 months
- Sleep difficulty occurs despite adequate opportunity for sleep

EXCESSIVE DAYTIME SLEEPINESS (HYPERMOMNOLENCE DISORDER)



- Occurs when person self-reports *excessive sleepiness* (hypersomnolence) despite having slept at least 7 hours
- Not feeling refreshed after a full night's sleep
- Symptoms also include recurrent periods of sleep or lapses into sleep within the same day
- Difficulty being fully awake after being awakened
- At least 3 times/week for at least 3 months

NARCOLEPSY



- a condition characterized by *falling asleep suddenly* during the day (*narco* means “numbness” and *lepsy* means “seizure”)
- Rare disorder (only 1 in 2,000 people) that starts at puberty and runs in families (if you don’t have it yet you won’t get it)
- Experience sleep attacks when their nervous systems become aroused, often from a *strong emotion* like laughter, crying, or feeling infuriated
- When attacks occur, they fall immediately into REM sleep, often at the most inopportune or dangerous times

SLEEP APNEA



- A sleep disorder characterized by repeated awakenings throughout the night as a result of not being able to breathe
- Person with this is a loud snorer who stops breathing at the peak of a heavy, inhaled snore and whose breathing may cease for as long as a minute
- Only way person can breathe again is to briefly awaken
- Leaves person feeling exhausted after waking up as many as 400 hundreds times a night (though you don't remember)

SLEEP APNEA TREATMENT



- Apnea (meaning “with no breath”) sufferers are usually male, overweight, and over 40 – though can affect anyone
- Experience dreadful sleepiness even after a full night’s sleep, but may be unaware they are having such poor-quality sleep
- Common disorder affecting 4% of population (millions of people)
- Most common treatment involves use of a continuous positive airway pressure (CPAP) machine which helps person breathe during the night

SOMNAMBULISM (AKA SLEEPWALKING)



- Repeated episodes of rising from bed during sleep and walking about.
- While sleepwalking, the person has a blank, staring face, is relatively unresponsive to the efforts of others to communicate with him or her, and can be awakened only with great difficulty because they are in a deep stage of sleep (stage 3 or 4)
- Contrary to popular belief the person is not acting out a dream because most dreams occur in REM sleep (not stage 3 or 4)

SLEEP TERRORS (OR NIGHT TERRORS)



- Characterized by high arousal and an appearance of being terrified
- Most often afflict children, who look like they are awake and terrified even though they are sound asleep
- Child rarely has any memory of the event when told about it in the morning (more frightening to parents who witness it)
- Different from *nightmares* which are *dreams* and occur during REM sleep – night terrors occurring during Stage 4 sleep

NIGHTMARE DISORDER



- Repeated occurrences of extended, extremely upsetting, and well-remembered dreams that usually involve efforts to avoid threats to survival, security, or physical well-being
- Upon awakening, the person rapidly becomes alert and may have rapid breathing, sweating, and show other signs of intense fear
- May range from mild (once/week) to severe (nightly)

OTHER SLEEP PROBLEMS

- These sleep problems don't qualify as sleep disorders, but they can be disruptive nonetheless
- **Bruxism** – teeth grinding that sounds as though two bricks are being rubbed together – wear some kind of tooth guard to keep from wearing away enamel
- **Enuresis** – bed wetting
- **Restless Legs Syndrome** – an urge to move the legs due to uncomfortable or unpleasant sensation in the legs
- **Myoclonus** – a sudden jerking of a body part that occurs shortly after falling asleep