



★ COMMON SLEEP Disorders ★

Is what you don't know keeping you up at night?

Are you constantly tired...even if you've had a full night's rest? Before you blame your mattress, read about these common sleep disorders. They could be keeping your body from getting the sleep it needs, which can lead to bigger problems down the road.

★ Sleep Apnea

A disorder that disrupts breathing during sleep. Typically with a 10+ second pause between breaths.

Symptoms:

- Loud/chronic snoring
- Choking/gasping following pauses
- Waking up with a sore throat
- Morning headaches



Can Cause:

- Fragmented sleep
- Low blood oxygen levels

★ Narcolepsy

A neurological disorder caused by the brain's inability to regulate sleep normally.

Symptoms:

- Fatigue – excessive sleepiness
- Cataplexy – loss of muscle control
- Insomnia – inability to sleep
- Hallucinations – a mix of a dream and reality

Putting the myth to rest

People with narcolepsy don't actually sleep any more than a normal person. Their body just can't control when it happens.



Affects men and women equally ♂ = ♀

★ Insomnia

Difficulty falling and/or staying asleep.

Symptoms:

- Difficulty falling/staying asleep
- Waking up too early
- Unrefreshing sleep
- Fatigue
- Cognitive impairment
- Mood disturbance
- Difficulty with work, school or relationships



Roughly 30% of people report sleep disruption
10% also have daytime functional impairment

★ Sleepwalking (somnambulism)

Walking or performing complex behaviors while asleep.

Symptoms:

- Sleepwalking
- Difficulty remembering the event
- Resisting being awakened during an episode
- Inappropriate behavior while asleep

Putting the myth to rest

Contrary to popular belief, sleepwalkers should be awakened to prevent them from causing harm to themselves.



Most common in children ages 3-7

1% - 15% of the population is affected

★ Restless Leg Syndrome (RLS)

Overwhelming and often unpleasant urges to move the legs while at rest.

Symptoms:

Symptoms are not easy to define. Some people use comparisons, such as "like ants crawling through my legs" or "like soda running through my veins" to describe their RLS.



Affects 1 in 10

★ Sleep Paralysis

A temporary inability to move or speak when REM sleep is interrupted.

Symptoms:

- A feeling of foreboding
- The sense that someone is in your room
- The sensation of something on your chest
- Hallucination of a menacing figure



Can last for mere seconds, or drag on for minutes.

Sleep Disorder Policies And Procedures Manual

LM Reder



Sleep Disorder Policies And Procedures Manual:

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