

Sleep Problems and Disorders

	Insomnia	Snoring	Sleep Apnea	Restless Legs Syndrome (RLS)	Narcolepsy	Parasomnias
Definitions & Symptoms	<p><i>Characterized by complaints of inadequate quality/quantity of sleep.</i></p> <p>Symptoms may be acute/short-term or chronic (>1 month) and include:</p> <ul style="list-style-type: none"> • Difficulty falling asleep • Frequent awakenings • Waking too early and cannot get back to sleep • Unrefreshed/Non-restorative sleep <p>For some, it may be a disorder of arousal</p>	<p><i>Tissue vibration in a partially obstructed airway that can result in abnormal breathing and sleep disruptions.</i></p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • Abnormal breathing • Noises made while sleeping • Frequent awakenings • Disturbance to bed partner 	<p><i>Serious disorder with breathing disruptions during sleep and frequent awakenings.</i></p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • Loud snoring • Pauses in breathing • Gasps for breath and arousals during sleep • Concerned bed partners • Daytime sleepiness 	<p><i>Neurological movement disorder with unpleasant sensations/ nervousness in legs and an urge to move during inactivity and sleep; (80% may have involuntary jerking of limbs).</i></p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • Urge to move limbs during sleep • Difficulty sleeping • Daytime sleepiness 	<p><i>Chronic neurological disorder with involuntary, excessive daytime sleepiness.</i></p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • Excessive daytime sleepiness • Cataplexy (lack of muscle tone in response to strong emotion) • Sleep paralysis • Hallucinations/vivid or scary dreams 	<p><i>Disorders of arousal during sleep, resulting in unusual behaviors during the night.</i></p> <p>Symptoms depend on type of parasomnia, including:</p> <ul style="list-style-type: none"> • Confusional arousals • Sleep terrors • Nightmares • Sleepwalking • Sleep eating disorder • REM behavior disorder • Head-banging • Enuresis (bedwetting)
Causes	<ul style="list-style-type: none"> • Acute: stress, unusual pressures, worry due to a change in one's life • Chronic: medical, physical (e.g. discomfort), psychiatric (e.g. depression) or environmental conditions (e.g. noise, light, temperature) • Primary: chronic and no associated underlying medical or psychiatric condition; can be a disorder of arousal 	<ul style="list-style-type: none"> • Physical or medical condition • Narrow airway due to obesity or structural abnormalities • Obstructed nasal airways (cold, hay fever) • Exaggerated by alcohol or drugs that cause sleepiness 	<ul style="list-style-type: none"> • Physical abnormalities, poor muscle tone in the upper airway • Obesity • Exaggerated by alcohol or drugs that cause sleepiness 	<ul style="list-style-type: none"> • Primary RLS can be genetic • Secondary RLS may be accompanied by other conditions (e.g. iron deficiency, pregnancy) or other medical disorders • Increased severity from use of caffeine or antidepressants 	<ul style="list-style-type: none"> • Lack of brain produced chemical hypocretin • May be related to auto-immune deficiencies or alterations 	<ul style="list-style-type: none"> • Varies with type of parasomnia • Can be due to sleep deprivation, medication, anxiety, emotional stress • May be symptom of another condition, such as sleep apnea, epilepsy, neurological disorder, metabolic or endocrine disorder
Prevalence/Effects	<ul style="list-style-type: none"> • 40% of Americans • 10-15% 3 nights/wk • Most at risk: women, older persons and those who are depressed • Impacts health, performance, and quality of life 	<ul style="list-style-type: none"> • 37% at least a few nights a week • Men > Women; often increases with age • Large neck size • Impacts health, performance, and quality of life 	<ul style="list-style-type: none"> • 4% of men and 2% of middle-aged women • Those who snore loudly, are overweight, have large neck size, smoke or have high blood pressure • Lowers blood-oxygen levels, puts a strain on the heart; associated with cardiovascular problems and daytime sleepiness 	<ul style="list-style-type: none"> • 2-15% of the population • Increasingly common as we age • Can occur over a period of years with increasing severity or periods of remission • Difficulty sleeping and daytime fatigue 	<ul style="list-style-type: none"> • 1 in 2000 people; often detected in second decade of life • Can significantly impair active life, and productivity; possibly leading to injuries 	<ul style="list-style-type: none"> • Most common in children, but can affect any age • Can cause fatigue; disturbances to sleeping partner; need to secure sleeping environment to prevent injury; psychological effects, especially for bedwetting or sleep eating disorder
Treatment Options	<ul style="list-style-type: none"> • Prescription Medication (e.g. hypnotics) • Behavioral Management <ul style="list-style-type: none"> - Stimulus/Response - Sleep Restriction - Cognitive Behavioral Therapy - Relaxation Training • Combination of both 	<ul style="list-style-type: none"> • Healthy lifestyle: avoid alcohol, stop smoking, lose weight, tone muscles • Sleeping on your side may help • Dental appliances • Surgery 	<ul style="list-style-type: none"> • Healthy lifestyle: avoid alcohol, stop smoking, lose weight, tone muscles • Mechanical Devices <ul style="list-style-type: none"> - Continuous Positive Airway Pressure masks • Dental appliances • Surgeries 	<ul style="list-style-type: none"> • Healthy lifestyle including exercise • Medications, physical and other modalities • Behavioral therapy including relaxation 	<ul style="list-style-type: none"> • Medications and lifestyle changes 	<ul style="list-style-type: none"> • Medications • Behavioral therapy • Treatment of underlying medical condition • Often outgrown with age