

Sleep Disorders

What are Sleep Disorders?

Sleep disorders are a group of conditions that affect the ability to sleep well on a regular basis. Whether they are caused by a health problem or by too much stress, sleep disorders are becoming increasingly common in the United States especially with COVID19 pandemic.



7 major categories of sleep disorders:

Insomnia, Sleep-Related Breathing Disorders, Central Disorders of Hypersomnolence, Circadian Rhythm Sleep-Wake Disorders, Parasomnias, Sleep-Related Movement Disorders and other Sleep Disorders

Do I have Sleep Disorders?

You should talk to your doctor if you have these symptoms

Difficulty falling or staying asleep	Daytime fatigue
Strong urge to take naps during the day	Lack of concentration
Impaired performance at work or school	Unintentional changes to your sleep/wake schedule
Unusual or unpleasant urges to move while falling asleep	Unusual movement or other experiences while asleep
Unusual breathing patterns	Depression
Weight gain	Irritability or Anxiety

Lifestyle Changes to help with Sleep Disorders:

Incorporate more vegetables into your diet, and reduce sugar intake	Create and stick to a regular sleeping schedule
Reduce stress and anxiety by exercising and stretching	Limit your caffeine intake, especially in the late afternoon or evening
Decrease tobacco and alcohol use	Drink less water before bedtime