

Problems due to Sleep Disorder and its Effects on Individual Health

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DESCRIPTION

Sleep is a complex physiological process and is a critical determinant of physical and mental health. Sleep disorders are conditions that interfere with sleep and also that disturb the person's normal sleep patterns. Everybody experiences sleep problems occasionally. More than 100 million Americans do not get enough sleep, across all age categories. A restful night's sleep is essential. Lack of sleep can have a detrimental impact on one's ability to succeed academically and professionally, communicate with others, maintain one's health, and stay safe. In the United States, there are over 70 million people who have sleep disorders. 80 types of sleep disorder are occurred. Sleep disturbances have been also observed in Alzheimer's Disease (AD) patients.

Types of sleep disorder

- Insomnia.
- Sleep apnea.
- Restless Legs Syndrome (RLS).
- Narcolepsy.
- Snoring.
- Circadian rhythm disorders.
- Parasomnias.
- Movement disorders.

Even though some individuals require more sleep than others, experts typically recommend that adults obtain seven to nine hours of sleep every night. In a recent National Sleep Foundation survey titled sleep in America, adults (ages 18-54) reported sleeping an average of 6.4 hours per night on weekdays and 7.7 hours per night on weekends. The survey found that over the previous few years, sleep duration has decreased. Less sleep-deprived people often use the internet or bring work from the office home at night. Adults aged 55 to 84 has to sleep on an average of 7.4 hours per night during the week and 7.1 hours per night on the weekends, according to the National Sleep Foundation.

The most frequent reasons for sleep interruption are the need to use the restroom, physical pain, or discomfort in older adults. Children's sleep patterns have also been found to be declining.

The ideal amount of sleep varies with age. In previous studies, Sleep in America found that children's real sleep periods were 1.5 to 2 hours less than the recommended amounts. Caffeine consumption reduced sleep by three to five hours every night, and children who had televisions in their bedrooms lost an additional two hours each week. Sleep problems can be caused by a variety of factors. All sleep disorders share a disturbance or amplification of the body's typical cycle of sleep and daytime awake, despite the fact that their underlying causes may differ. Eight variables are as follows:

- Physical (ulcers).
- Medical (asthma).
- Psychiatric (sadness and anxiety problems).
- Environmental (alcohol).
- Working the night shift (because it throws off "biological clocks").
- Genetics (narcolepsy is genetic).
- Medications (interfere with sleep).
- Getting older (approximately half of all persons over 65 have a sleep issue). It is unclear if this is a natural feature of ageing or a side effect of the medications that older people frequently use).

If we have one or more of the following symptoms, we have may have a sleep disorder:

- Driving while unconscious.
- Struggle to stay awake when inactive, such as when watching television or reading.
- Having issues with performance at work or school.
- We have frequently heard from people that we appear sleepy.
- Having memory problems or slow response times.
- Having issues in controlling the emotions.

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