

What Are The Different Types of Sleep Disorders?

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EDITORIAL

Sleep disorders are a group of conditions that make it difficult to get enough sleep on a consistent basis. Sleep disorders are growing more widespread in the United States, whether they are caused by a medical condition or too much stress. Stress, hectic schedules, and other environmental circumstances cause most people to have difficulties sleeping from time to time. These concerns, on the other hand, may suggest a sleeping disorder if they occur on a regular basis and interfere with everyday life. People with sleep disorders may have difficulty going asleep and may feel exceedingly fatigued during the day, depending on the type of disorder.

INSOMNIA

Sleep deprivation can have a negative impact on your energy, emotions, concentration, and general health. When a sleep issue isn't caused by something else, it's usually treated with a combination of medical therapies and lifestyle adjustments. If you feel you have a sleep disturbance, it's critical to get a diagnosis and treatment as soon as possible. If sleep disruptions are not addressed, they might have serious consequences for one's health. They can also hamper your ability to complete daily tasks, cause tension in relationships, and damage your professional performance.

SLEEP APNEA

There are two varieties of sleep apnea: obstructive sleep apnea, which occurs when the airway becomes obstructed or too narrow and central sleep apnea, which occurs when the brain and the muscles that control your breathing have a problem communicating.

RESTLESS LEG SYNDROME

Restless leg syndrome (RLS) is characterised by an insatiable need to move one's legs. This impulse may be accompanied by a tingling sensation in the legs. These signs and symptoms can appear at any time of day, but they are more common at night.

NARCOLEPSY

"Sleep attacks" that happen while you're awake are a symptom of narcolepsy. This implies that you will become exceedingly fatigued and fall asleep unexpectedly.

Another symptom of the disorder is sleep paralysis, which occurs when you are physically unable to move after waking up. Although narcolepsy can arise on its own, it is also linked to other neurological conditions including multiple sclerosis.

SLEEPING DISORDERS SYMPTOMS

1. Symptoms of sleep problems, on the other hand, are as follows:
2. Having trouble falling or staying asleep
3. Weariness during the day
4. Odd breathing patterns overwhelming need to nap during the day
5. Unexpected or uncomfortable compulsions to move as you fall asleep odd movement or other events during sleeping
6. Changes in your sleep/wake routine that aren't planned
7. Irritability or anxiety affects work or school performance, and loss of concentration can lead to depression.
8. Gaining weight

SLEEP DISTURBANCES

Polysomnography (PSG) is a lab sleep study that compares oxygen levels, body movements, and brain waves to see how they affect sleep, unlike a home sleep study (HST) that is done at home and used to identify sleep apnea.

EEG (Electroencephalogram): This is a test that evaluates electrical activity in the brain and finds any potential issues. It's a polysomnography test.

The MSLT (multiple sleep latency tests) is a daytime napping study that is performed in conjunction with a nighttime PSG to help identify narcolepsy.

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