



**Causes:**

- **Related to General Medical Condition:** Respiratory failure, Obstructive sleep disorders, Hypothyroidism, Posttraumatic (i.e., upon recovery from a closed head injury), Focal lesions (tumours, infarcts) in cerebral hemispheres, thalamus, hypothalamus, or brain stem), Substances like Alcohol, Sedative-hypnotics (especially benzodiazepines), various antidepressants, Opioids (either during acute use or in withdrawal), Withdrawal from stimulants or caffeine.
- **Related to Another Psychological Disorder:** Depressive episode, as in major depression, or more commonly, bipolar disorder.

**Treatment:**

- Proper sleep hygiene is important.
- Scheduled naps are helpful.
- Medication.

## **2) Obstructive Sleep Apnea (Breathing-Related Sleep Disorder):**

Obstructive sleep apnea is characterized by obstruction of the upper airway during sleep, resulting in decreases in arterial oxygen saturation, after which respiration resumes normally.

It tends to occur in patients who snore, although most snorers do not have sleep apnea, and results in a sensation that sleep has not been refreshing.

**Symptoms:**

- Onset typically in middle years, in females especially after menopause.
- Apneic episodes last 10-120 seconds, and 30-300 may occur each night.

**Causes:**

- Block in airway, Obesity, Defective brain stem respiratory mechanism, etc.

**Treatment:**

- Patients are instructed to sleep on their sides, a position that favours airway patency.
- Obstructive sleep apnea may be treated with medication and in severe cases, continuous positive airway pressure devices are effective.
- On certain occasions your doctor might suggest a small operation to improve the airway.

**Some other types of sleep disorders are:**

❖ **Narcolepsy:**

- Narcolepsy is a chronic neurological disorder caused by the brain's inability to regulate sleep-wake cycles normally.
- At various times throughout the day, a person with narcolepsy experience fleeting urges to sleep.
- If the urge becomes overwhelming, patients fall asleep for periods lasting from a few seconds to several minutes.

❖ **Restless Legs Syndrome:**

- Restless legs syndrome is an uncomfortable sensation of the legs, sometimes described as a creepy or crawly feeling or as the sensation of ants walking on the skin.
- It tends to be worse at night, and is relieved by walking or moving.
- It appears as a cause of sleep initiation insomnia, because the patient may find it difficult to lie still in bed, needing to get up to relieve the discomfort.
- It appears often in pregnancy, Iron or vitamin B12 deficiency, anaemia, and renal disease.

❖ **Nightmare Disorder:**

- Nightmares are vivid dreams that become progressively more anxiety producing, ultimately resulting in an awakening.

❖ **Sleep Terror Disorder:**

- Patients with Sleep Terror disorder, sit up in bed with a frightened expression, scream loudly, and sometimes awaken immediately with a sense of intense terror.
- They may remain awake in a disoriented state, but more often fall asleep.

❖ **Sleep Walking Disorder (Somnambulism):**

- Patients sit up and sometimes perform motor acts, such as walking, dressing, going to the bathroom, talking, screaming, and even driving.
- The behaviour occasionally terminates in awakening, with several minutes of confusion or more frequently, the person returns to sleep without any recollection of the sleepwalking event.

**Diagnosis of Sleep Disorders:** Diagnosis of the sleep disorders are done mainly by tests like Polysomnography (Sleep test), and other tests like MRI, CT scan, etc

**Treatment:** Treatment is dependent on the underlying medical condition and appropriate medication is prescribed by the doctor after the diagnosis.

### **Guidelines for good sleep**

1. Have a fixed sleep time
2. Wake up at a fixed wake up time.
3. try aromatherapy and mild exercise a few hours before sleep
4. if something is troubling you write it down.
5. If you are not sleepy leave the room and read a book or do something less stimulating
6. Ensure that the temperature in the room is correct for you.
7. Ensure that the mattress or the bed is supporting for your back
8. Use your bed for sleeping and sex. Do not associate bed with any other activities like work, watching TV, arguments, eating etc.
9. Do not watch television or read intensely emotional material in bed.
10. Do not smoke or have coffee or any other stimulating drinks prior to bed time
11. Avoid intense exercise before bed time
12. Do not get involved in emotionally intense arguments or discussions prior to your bed time
13. Have a shower before bed time
14. Do not extend sleep hours during holidays
15. Have a glass of warm milk. Food products such as chocolate and banana promote sleep because of tryptophan in them.