

# Types and Causes of Sleep Disorders

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## Description

Sleep disorders are a set of conditions that affect the ability to sleep well on a regular basis. These disorders are mainly caused by stress and health problems. It is mostly common in the United States. In recent years, more than half of adults have had fewer than seven children. It was observed in children and adults who are getting sleep less than 8 hours per day. This is common among teenagers. Due to lack of sleep, it may affect health like lack of nutrients in the diet. Overall health, energy, mood, concentration, and diet are all important. Sometimes, it is signs of the health problems. When sleeping problems were not the health issues that caused the treatment generally includes a combination of medical treatments and lifestyle changes. There are different types of sleep disorders, such as:

- Insomnia,
- Sleep apnea,
- Parasomnias,
- Restless Leg Syndrome (RLS), and
- Narcolepsy

More than 650 million people are suffering from insomnia. Insomnia can affect your overall health and quality of life. This leads to impaired work or school performance, weight gain, irritability, difficulty concentrating, and depression. It was commonly observed in the females. Insomnia was again classified into three types. They are:

- Chronic insomnia,
- Intermittent insomnia, and
- Transient insomnia

Sleep apnea is a disorder that leads to recesses in breathing during sleep. It was classified into two types: Obstructive sleep apnea, and central sleep apnea. Parasomnias is a sleeping disorder that causes the abnormal activities such as nightmares, groaning, sleep talking, and sleepwalking. Restless Leg Syndrome (RLS) is an overwhelming of the legs. RLS is often related with health conditions.

It including Attention Deficit Hyperactivity Disorder (ADHD) and Parkinson's disease. Narcolepsy is a sleeping disorder that causes the sleep attacks which a person suddenly feels extremely tired without any warning. The disorder can also leads to sleep paralysis, and connected with certain neurological disorders, such as Alzheimer's disease. Symptoms may vary from person to person. The symptoms of sleep disorders include unintentional changes to your sleep, unusual movement or other experiences while asleep, rare breathing patterns, strong urge to take naps during the day, difficulty in falling asleep, and headache.

## Precautions

One can avoid the sleeping disorder by taking some precautions like maintaining regular sleep hours, make sure your bed is comfortable, exercise regularly, stop consuming the caffeine, avoid smoking, and try to take rest before going to sleep. For infants, 10-12 hours sleep was recommended per day. For adults, more than 7 hours of sleep was recommended per day.

There are several latent causes that lead to sleep disorders like poor sleep habits, consuming too much alcohol or caffeine, certain medications, and psychiatric conditions. Sometimes, physical illness may cause the insomnia.

## Medicines

The medicines include melatonin, zolpidem, zaleplon, eszopiclone, ramelteon, suvorexant, lumborexant, or doxepin which are used to treat the insomnia. Drugs like gabapentin and gabapentin enacarbil are used to treat Restless Legs Syndrome (RLS). Medications such as modafinil, armodafinil, pitolisant, and solriamfetol are used to treat the narcolepsy a person should not take the medicine without a doctor's prescription.

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