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# Overview of Sleep Disorders

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# Discuss

- Classification of sleep disorders
- Parasomnias
- Restless Legs Syndrome/Willis-Ekbom Disease and Periodic Limb Movement Disorders
- Circadian Rhythm Disorders
- Narcolepsy



## International Classification of Sleep Disorders (ICSD)

- Includes several major categories of sleep disorders
  - Insomnia
  - Sleep-related breathing disorders
  - Several disorders of hypersomnolence
  - Circadian rhythm sleep-wake disorders
  - Parasomnias
  - Sleep-related movement disorders
  - Other sleep disorders



# Parasomnias

- Non-Rapid Eye Movement Sleep
  - Confusional arousals
  - Sleepwalking
  - Sleep terrors
  - Sleep-related abnormal sexual behavior
  - Sleep-related eating disorder



# Parasomnias

- Rapid Eye Movement Sleep
  - REM Sleep Behavior Disorder (RBD)
  - Nightmares



# Movement Disorders

- Restless Legs Syndrome/Willis-Ekbom Disease
- Periodic Limb Movement Disorder
- Bruxism
- Rhythmic Movement Disorders (pediatrics)
- Hypnic starts



# Circadian Rhythm Disorders

- Shift Work Syndrome
- Jet lag
- Delayed Sleep Phase Syndrome
- Advanced Sleep Phase Syndrome
- Others
  - Dementia
  - Traumatic brain injury
  - Blindness



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# Narcolepsy

- Symptoms
- Diagnosis
- Pathophysiology
- Treatment