

COMMON SLEEP DISORDERS

Chronic insomnia: difficulty in falling asleep, maintaining sleep.

Sleep apnea: pauses in breathing that can disrupt sleep three-four nights a week; is often the leading cause of excessive day-time sleeping.

Excessive day-time sleeping or narcolepsy: is a neurological sleep disorder (without a known cause), characterized by recurrent bouts of sleepiness during the day.

Restless Leg Syndrome: is a neurological disorder where people have unpleasant sensations in the legs (such as creeping, burning, tugging, etc.) and an uncontrollable urge to move to ease these sensations.

Other problems noted in the sleep clinic are nocturnal enuresis (bed wetting), sleepwalking, nightmare, bruxism or grinding of teeth.

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