



# SLEEP DISORDERS

# Sleep disorders

- Dyssomnias: insufficient or excessive timing of sleeping
- Parasomnia :unusual sleep related behavior

# History taking

- Activity prior the bed time
- Bed parter history
- Quality of life
- Drugs genetic factor
- Habit (caffein or nicotine)

# Insomnia disorders

- Difficulty to initiate sleep
- Frequent awakening
- Early morning awake
- Nonrestrictive sleep
- Acute insomnia : less than 3 months associated with stress or change in sleep schedule and it resolved by itself
- Chronic insomnia: more than 3 months
- **Causes**
- Subclinical mood
- Idiopathic

- Treatment
- Sleep hygiene measurement
- CBT
- Chronotherapy
- Benzodiazepine
- Antidepressant

# Hyper insomnia disorders

- Excesses sleeping
- Occurs three times per week
- **Etiology**
  - Viral infection
  - Head trauma
  - Genetic
- **Treatment**
  - Long life therapy with methylphenidate, amphetamine
  - Pitolisant
  - Schedule napping

# Narcolepsy

- Recurrent episode of need sleeping
- Hallucinations and sleep paralysis
- Treatment
  - Sleep hygiene
  - Schedule daytime naps
  - Avoid of shift work

# Circadian rhythm sleep awake disorders

- Symptoms
- Excessive daytime sleeping
- Insomnia
- Headache
- Difficulty of concentration
- Waking in inappropriate time



# Parainsomnia

- Non rem sleep disorders
- Sleep walking
- Risk factor
- Sleep deprivation
- Stress
- Fever
- Medication
- Treatment
- Self limited

# Sleep terrors

- Recurrent episode of terror and arousals begin with screaming and crying
- Difficulty arousal during an episode
- Patient usually returns to sleep without awakening
- Treatment
- Self limited

# Night mare disorders

- Recurrent frightening dreams
- Cause significant distress
- No confusion
- Treatment
- Not always need
- Imaginary rehearsal therapy
- Medication are rarely used (prazosin)

# Restless leg syndrome

the urge move leg by unpleasant sensation in the leg and it's relief by movement

- Risk factors
- Increased by age
- Strong family history
- Iron deficiency
- Antidepressant
- Treatment
- Reduce caffeine
- Low potency opioids
- Iron replacement
- Dopamine agonist