
Information Sheet for Behavioral Health Providers in Primary Care

Types of Sleep Disorders

Advanced Phase Sleep Disorder

Symptoms: Sleep cycle is shifted ahead so that sufferers fall asleep in the afternoon or early evening and awaken for the last time in the middle of night or very early morning. More common in older adults.

Delayed Phase Sleep Disorder

Symptoms: Sleep cycle is delayed such that sufferers cannot fall asleep until very late at night/early morning and then have trouble awakening in the morning. This sleep cycle is not compatible with those who need to get up in the morning to go to work, get to school classes, or care for their families. More common in younger adults.

Insomnia

Symptoms: difficulty falling asleep, waking frequently during the night, or waking early in the morning without being able to go back to sleep, daytime sleepiness or fatigue. Multiple causes including stress, medications, poor sleep hygiene.

Narcolepsy

Symptoms: Extreme sleepiness, sudden sleep attacks, and cataplexy (sudden loss of muscle tone).

Types of Sleep Disorders (continued)

Parasomnias

Symptoms: Extreme sleepiness, sudden sleep attacks, and cataplexy (sudden loss of muscle tone).

Restless Leg Syndrome

Symptoms: A creepy, crawly, gnawing feeling that is relieved by giving in to the irresistible urge to move the legs. The feeling usually occurs only when sitting or standing, especially at bedtime.

Sleep Apnea

Symptoms: heavy snoring, difficulty breathing, interruptions in sleep breathing followed by a snort or gasp, daytime sleepiness, early morning headaches. May be obstructive (due to closing off airways when muscles in throat relax) or central (due to problems with signals from the brain).

References

MedLine Plus <http://www.nlm.nih.gov/medlineplus/sleepdisorders.html>

National Sleep Foundation <http://www.sleepfoundation.org/articles/sleep-disorders>