

## WHAT ARE SLEEP DISORDERS?

*That we are not much sicker and much madder than we are is due exclusively to that most blessed and blessing of all natural graces, sleep...Aldous Huxley*

### WHAT TO KNOW!

- ❖ The ability to sleep is often viewed as a barometer of one's overall health
- ❖ Poor sleep adversely affects one's energy, emotions, health, and work
- ❖ People with sleep problems have more accidents, health problems, impaired job performance, and relationship stress
- ❖ Signs of a sleep disorder include feeling irritable, feeling tired, having difficulty staying awake when sitting still, and fading out while driving
- ❖ Other signs include difficulty concentrating, reacting sluggishly, needing caffeine to keep functioning, and others telling you that you look tired
- ❖ **Insomnia**, one of the most popular sleep disorders, is the inability to get the proper amount of sleep to awaken rested and refreshed and can be due to anxiety, stress, depression, medications, or a health issue
- ❖ **Sleep apnea**, another common sleep disorder, occurs when breathing temporarily stops due to blockage of the upper airways. This causes many awakenings which leads to exhaustion, irritability, and depression.
- ❖ **Restless leg syndrome** is a sleep disorder that causes an irresistible urge to move legs or arms and is usually due to uncomfortable, tingling, aching, or creeping sensations when lying down
- ❖ **Narcolepsy**, or uncontrollable sleepiness, is a sleep disorder caused by a dysfunction of the brain arousal system that affects sleeping and waking
- ❖ **Jet lag**, a temporary disruption in sleep cycles, occurs when one travels across different time zones and can include fatigue, headache, stomach problems, and insomnia
- ❖ **Shift work sleep disorder** is a disorder that occurs when a work schedule conflicts with one's internal biological clock or circadian rhythms
- ❖ **Delayed sleep phase disorder** occurs when you stay up for long periods of time and your circadian rhythm or cycle of sleep and wakefulness is significantly delayed

### WHAT TO DO!

- ❖ Keep a regular sleep schedule and set aside enough time for sleep
- ❖ Keep a sleep diary
- ❖ Ensure your bedroom is quiet, dark, cool and turn off the electronics
- ❖ Use ear plugs, blackout shades, and relaxation techniques
- ❖ Allow yourself to rest and "let go" of your worries
- ❖ Seek professional help if you have difficulty falling or staying asleep

### WE CAN HELP!

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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