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## Sleep Disorders and its Related Types

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### EDITORIAL NOTE

Sleep disorders are a category of illnesses that impair one's capacity to get enough sleep on a regular basis. Sleep disorders are growing more widespread in the United States, whether they are caused by a medical condition or too much stress. In fact, more than a third of adults in the United States say they receive less than 7 hours of sleep in a 24-hours period, according to reliable sources. On weeknights, more than seventy percent of high school students' reliable sources report obtaining less than eight hours of sleep. Most people have trouble sleeping from time to time owing to stress, hectic schedules, and other external factors. These concerns, on the other hand, may suggest a sleeping disorder if they occur on a regular basis and interfere with everyday life. People with sleep disorders may have difficulty going asleep and may feel exceedingly fatigued during the day, depending on the type of disorder. Sleep deprivation can affect your energy, mood, focus, and overall health. Sleep disturbances can sometimes be an indication of another medical or mental health problem. Once the underlying cause is identified and treated, the sleeping issues may go away. When a sleep issue isn't caused by something else, it's usually treated with a combination of medical therapies and lifestyle adjustments. If you feel you have a sleep disturbance, it's critical to get a diagnosis and treatment as soon as possible. The harmful impacts of sleep disturbances might lead to further health implications if they are not managed. They can also hamper your ability to complete daily tasks, cause tension in relationships, and damage your professional performance.

#### *Types of sleep disturbance*

##### **Insomnia**

It refers to a person's inability to fall or stay asleep. Stress and anxiety, hormones, and digestive issues can all contribute to it. It could also be a sign of something else. Insomnia can have a negative impact on your entire health and quality of life, leading to sadness, difficulties concentrating, irritability, weight gain, and poor performance at work or school. Unfortunately, insomnia is extremely common. It affects up to half of all American adults at some point in their lives. The disorder is particularly common in women and older persons. It's usually categorised into one of three categories: Chronic insomnia occurs on a consistent basis for at least one month; intermittent insomnia occurs on a periodic basis; transitory insomnia occurs for only a few nights at a time.

##### **Sleep apnea**

It is characterized by pauses in breathing during sleep. This is a dangerous medical disorder in which the body's oxygen intake is reduced. It may also cause you to awaken in the middle of the night. There are two kinds of them: Obstructive sleep apnea is a condition in which the passage of air is interrupted because the airway is restricted or excessively narrow and central sleep apnea that occurs when the brain and the muscles that control your breathing have a problem communicating.

##### **Parasomnias**

These are a group of sleep disorders characterised by irregular movements and actions while sleeping. Sleepwalking, sleep talking, groaning, nightmares, bedwetting, teeth grinding, and jaw clenching are some of them.

**Restless leg syndrome**

The need to move the legs is overwhelming. A tingling sensation in the legs might sometimes accompany this impulse. These symptoms can occur at any time of day, but they are more common at night. Restless Leg Syndrome is frequently linked to health issues such as Attention Deficit Hyperactivity Disorder (ADHD) and Parkinson's disease, but the exact cause isn't always clear.

**Narcolepsy**

It's marked by sleep attacks that happen when you're awake. This implies that you will become exceedingly fatigued and fall asleep unexpectedly. Sleep paralysis, which occurs when you are physically unable to move after waking up, is another symptom of the illness. Although narcolepsy can arise on its own, it is also linked to other neurological conditions including multiple sclerosis.