

SLEEP DISORDERS

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graph TD; A[SLEEP DISORDERS] --- B[Parasomnias:]; A --- C[Sleep-related breathing disorders:]; A --- D[Insomnia:]; A --- E[Sleep-related movement disorders:]; A --- F[Central disorders of hypersomnolence:]; A --- G[Other sleep disorders]; A --- H[Circadian rhythm sleep-wake disorders:];
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Parasomnias:

- NREM
- REM
- Other

Sleep-related breathing disorders:

- OSA
- Central SAS
- Sleep related hypoventilation disorders

Insomnia:

- Chronic
- Short term
- Other

Sleep-related movement disorders:

- Restless legs syndrome
- Sleep related rhythmic movement disorders

Central disorders of hypersomnolence:

- Narcolepsy
- Hypersomnia

Other sleep disorders

Circadian rhythm sleep-wake disorders:

- JET LAG

Sleep Disorders Insomnia And Narcolepsy

Douglas Kirsch



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