



The diagram consists of a central light blue circle containing the text "SLEEPING DISORDERS". Surrounding this central circle are eight smaller circles, each containing the name of a specific sleeping disorder. The circles are arranged in a ring and are color-coded: three are red (Sleep Apnea, Snoring, Narcolepsy), three are blue (Insomnia, Restless Legs Syndrome, Sleep Talking), and two are teal (Sleep Paralysis, Exploding Head Syndrome).

# **SLEEPING DISORDERS**

**SLEEP  
APNEA**

**SNORING**

**NARCOLEPSY**

**SLEEP  
PARALYSIS**

**SLEEP  
TALKING**

**RESTLESS  
LEGS  
SYNDROME**

**INSOMNIA**

**EXPLODING  
HEAD  
SYNDROME**

# Sleep Disorders And Neurological Disease

**Antonio Culebras**



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