



SLEEP DISORDERS

infographics



What are the different types of sleep disorders?



Insomnia



Nightmares



Apnea



Teeth grinding



Restless leg syndrome



Sleepwalking



Narcolepsy



Sleep talking

What are the symptoms of sleep disorders?



Depression



Difficulty falling asleep



Weight gain



Unintentional changes in sleep/wake schedule



Daytime fatigue



Strong urge to nap during the day



Irritability



Impaired performance at work



Unusual breathing patterns



Lack of concentration

How are sleep disorders diagnosed?



Polysomnography



Electroencephalogram

How are sleep disorders treated?



Sleeping pills



Melatonin supplements



Breathing device



Dental guard

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Sleep And Sleep Disorders

Max Hirshkowitz, Patricia B. Smith



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