

# MAJOR SLEEP DISORDERS



## 1. INSOMNIA

## 2. HYPERSOMNIA

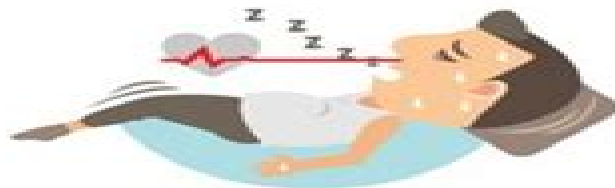
## 3. CIRCADIAN RHYTHM SLEEP DISORDERS:

- DELAYED SLEEP SYNDROME
- ADVANCED SLEEP-WAKE PHASE DISORDER
- IRREGULAR SLEEP-WAKE RHYTHM DISORDER
- JET LAG
- NON-24-HOUR SLEEP-WAKE RHYTHM DISORDER
- SHIFT WORK DISORDER
- OTHER CIRCADIAN RHYTHM SLEEP DISORDERS



## 4. PARASOMNIAS:

- SLEEP TERRORS
- SLEEPWALKING (SOMNAMBULISM)
- CONFUSIONAL AROUSAL
- SLEEP-RELATED EATING DISORDER
- NIGHTMARE DISORDER
- RECURRENT ISOLATED SLEEP PARALYSIS
- REM SLEEP BEHAVIOR DISORDER (RBD)
- EXPLODING HEAD SYNDROME
- SLEEP ENURESIS (BEDWETTING)
- SLEEP-RELATED HALLUCINATIONS
- SLEEP-RELATED GROANING (CATATHRENIA)
- SEXSOMNIA



## 5. SLEEP-RELATED BREATHING DISORDERS:

- OBSTRUCTIVE SLEEP APNEA (OSA)
- CENTRAL SLEEP APNEA
- COMPLEX SLEEP APNEA SYNDROME

## 6. PERIODIC LIMB MOVEMENT DISORDER (PLMD)

## 7. RESTLESS LEG SYNDROME

## 8. NARCOLEPSY

## 9. CATAPLEXY



# Sleep And Sleep Disorders From Molecule To Behavior

**TALWAR, G.P.**



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