

Common Types of Sleep Disorders

Obstructive Sleep Apnea

The most common symptoms include loud snoring, sleepiness during the day, high blood pressure and obesity. A bed partner will often report that the patient will stop breathing during the night. Untreated sleep apnea may cause cardiovascular disease, risk of automobile accidents, and decreased quality of life and work. [Read More About Sleep Apnea.](#)

Insomnia

People with insomnia have difficulty falling asleep and/or staying asleep. Brief periods of insomnia are common, but many are chronically affected and may benefit from a formal sleep consultation. [Read More About Insomnia.](#)

Periodic Limb Movement during Sleep Syndrome (PLMS)

During sleep, people with PLMS have kicking movements of the legs that occur every 20-90 seconds, which may disturb their normal sleep as well as the sleep of their partners.

Restless Legs Syndrome

Restless legs can be a source of insomnia and is due to leg discomfort usually described as aching or a crawling sensation that occur while at rest, which makes the sufferer feel they must continually move their legs. These symptoms are worse in the evening.

Narcolepsy

The main symptoms of narcolepsy are excessive and uncontrollable sleepiness, sudden episode of muscle weakness during the day associated with strong emotion (happiness, anger, or fear), sensation of being paralyzed while asleep, and vivid dreams upon falling asleep. Proper diagnosis and therapy can greatly improve the quality of life in narcoleptics.

Hypersomnia: individual has trouble staying awake during the day; can fall asleep at anytime and anywhere. May also result in lack of energy and motivation.

Learn more about hypersomnia here: <http://www.webmd.com/sleep-disorders/guide/hypersomnia>

Extreme Sleepiness: <http://www.sleepfoundation.org/sleep-disorders-problems/idiopathic-hypersomnia-and-sleep>