

Sleep Disorder

There are basically two major classification of sleep disorder, which are dyssomnias and parasomnias. While the former focuses on the amount or quality of sleep, the latter is about something abnormal that occurs during sleep. Below are some of the common sleep disorder.

Primary Insomnia

Sleeping too little or unrestfully without apparent cause but it may be a learned behaviour. Primary insomnia can persist forever if it is not addressed.

Signs & Symptoms:- (several of the following)

- For at least a month, sufferers have trouble going to sleep, staying asleep, or feeling unrested
- Daytime fatigue resulted due to insomnia and causes clinically important distress or impairs work, social, or personal functioning
- Not due to another mental illness, such as major depressive disorder, or delirium

=> Found especially in older patients and women.

Primary Hypersomnia

A rare condition compared to primary insomnia. Individuals fall asleep easily and rapidly and may sleep late the next day as well as taking a nap during the day. Their total sleep time is more than 9 or more hours a day.

Signs & Symptoms:- (several of the following)

- Prolonged sleep
- Sleeping during the day, almost daily
- Sleepiness causes clinically important distress or impairs works, social, or personal functioning
- Neither insomnia nor an inadequate amount of sleep

=> While some have this problem due to stress, others may be trying to fill a void created by a sense of something lacking in lives.

Sleepwalking Disorder

Persistent sleepwalking usually occurs early in the night. An individual episode usually lasts from a few seconds to 30 minutes. Sufferers may put themselves into considerable danger.

Signs & Symptoms:- (several of the following)

- On numerous occasions, the sufferers arise and walk about, usually during the first third of sleep
- During sleepwalking, sufferers stare blankly, can be awakened only with difficulty, and respond poorly to others' attempts at communication
- Although here may be a brief period of confusion upon first awakening from the episode, within a few minutes the sufferers' behaviour and mental activity are unimpaired
- Sufferers have no memory for the episode the next morning

- Cause clinically important distress or impair work, social, or personal functioning
=> Usually begins between ages of 6 and 12 and lasts for several years.

Reference:-

Morrison, J. (2001). DSM-IV Made Easy: The Clinician's Guide to Diagnosis. New York: The Guilford Press

For more detailed description and criteria of each mental illness, pls refer to the book mentioned above or <http://www.psychology.net.com>