

# Sleeping disorder

[Health & Medicine](#), [Sleep Disorders](#)



Sleep disorders/disturbances can cause your sleep to be disturbed. Disturbed sleep includes the inability to fall asleep, the inability to go back to sleep, and frequent waking up during the night. Sleep disorders can make you feel tired, fatigued, and irritable, making it difficult for you to concentrate during the day. Sleep is a behavioral state that is a natural part of every individual's life. We spend about one-third of our lives asleep. Nonetheless, people generally know little about the importance of this essential activity. Sleep is not just something to fill time when a person is inactive.

Sleep is a required activity, not an option. Even though the precise functions of sleep remain a mystery, sleep is important for normal motor and cognitive function. We all recognize and feel the need to sleep. After sleeping, we recognize changes that have occurred, as we feel rested and more alert. Sleep actually appears to be required for survival. Rats deprived of sleep will die within two to three weeks, a time frame similar to death due to starvation. Most people have experienced sleep disturbances at some point in their lives.

Anyone at any age can develop a sleep disorder/disturbance. Depending on the cause and the treatment, sleep disturbances can be short-term or long-term. According to HelpGuide. org “ Sleeping disorder are problem with sleeping including trouble falling or staying asleep at the wrong times, too much sleep, or abnormal behaviours during sleep. There are more than 100 different sleeping and waking disorder. They can be grouped into four main categories. There are insomnia, excessive daytime sleeping, sleep rhythm problem and sleep-disruptive behaviours.

Sleep can often be a barometer of our overall health. In many cases, people in good health struggle to sleep well, whereas those suffering from repeated sleeping problems might have an underlying medical or mental health problem, be it minor or serious. Sleeping well is essential to our physical health and emotional well-being. Unfortunately, even minimal sleep loss can take a toll on your mood, energy, efficiency and ability to handle stress. Ignoring sleep problems and disorders can lead to poor health, accidents, impaired job performance and relationship stress.

If you want to feel your best, stay healthy, and perform up to our potential, sleep is a necessity, not a luxury. " Sleep problems can be caused by various factors. Although causes may differ, the end result of all sleep disorders is that the body's natural cycle of slumber and daytime wakefulness is disrupted or exaggerated. Factors that can cause sleep problems are; physical, medical, psychiatric, or environmental. Lack of sleep can cause accidents, serious health problems like heart disease , high blood pressure and including bad performance among students.

Sleep disorders also can cause depression, hypertension and gain weight among students. Usually, students facing sleeping disorder when they are stressed and tense due to the extra assignment that they have to finish within a short period. This will give them more pressure and may cause them to do something that will affect their own health. Another meaning of sleeping disorder is when someone did not have enough time to sleep, overslept, or they slept in wrong time . People that facing sleeping disorder is primary and secondary school students, college students, university student and employee.

This is because they did not manage their time properly and continuously especially for their studies, outing, gathering, or with their family. The effect of sleeping disorder is this will make them feel tired and loses of energy during the next day especially during classes and lecture. Hence, they cannot give their focus for 100% and cannot understand and catch up the lesson what the teachers had teaches. In addition to the primary sleep disorders, there are three categories of sleep disorders that are caused by or related to substance use or other physical or mental disorders.

Sleep disorders related to mental disorders. Many mental disorders, especially depression or one of the anxiety disorders, can cause sleep disturbances. Psychiatric disorders are the most common cause of chronic insomnia. Sleep disorders due to medical conditions. Some patients with chronic neurological conditions like Parkinson's disease or Huntington's disease may develop sleep disorders. Sleep disorders have also been associated with viral encephalitis, brain disease, and hypo- or hyperthyroidism. Substance-induced sleep disorder.

The use of drugs, alcohol, and caffeine frequently produces disturbances in sleep patterns. Alcohol abuse is associated with insomnia. The person may initially feel sleepy after drinking, but wakes up or sleeps fitfully during the second half of the night. Alcohol can also increase the severity of breathing-related sleep disorders. With amphetamines or cocaine, the patient typically suffers from insomnia during drug use and hypersomnia during drug withdrawal. Opioids usually make short-term users sleepy. However, long-term users develop tolerance and may suffer from insomnia.

In addition to alcohol and drugs that are abused, a variety of prescription medications can affect sleep patterns. These medications include antihistamines, corticosteroids, asthma medicines, and drugs that affect the central nervous system. As a matriculation student, we would like to know either this habits infectious KMNS students or not. So, we need to do research to find out the causes and effect of sleeping disorder towards KMNS student as they are having the most difficult time to study and stay here.