

Name and describe 3 types of sleep disorders

[Psychology](#)



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Sleep Disorders There has been extensive research conducted to understand the distinctive sleep disorders for over 40 years. The nosologies developed to date have relied on expert opinion and clinical research evidence. WHO, APA and other professional sleep societies have discrepant systems for classifying sleep disorders. The article examines three sleep disorders.

Insomnia

It is one of the most common complaints associated with sleep. It is characterized by difficulty in falling asleep, trouble staying asleep all night, poor sleep, feeling too tired in the morning and waking up too early in the morning. Research has indicated that insomnia can negatively affect work output and performance, impairs one's judgment and damage relationships. Studies also reveal that almost 30% of adults complain of insomnia. It is more prevalent in categories such as older people, stressed individuals and women (Morin & Colin 383).

Snoring

It is the loud and harsh sound one produces when asleep via the mouth. An individual snores, when the flow of air one inhales, makes the muscles in the back of the throat vibrate. It can occur at any point during sleep. Snoring is more prevalent in men than women and becomes common as one grows older. Study shows that sleeping on one's back makes them likely to snore (Morin & Colin 383).

Narcolepsy

A disorder that makes a person to feel excessively tired and in extreme cases have sudden uncontrollable sleep. It impacts almost every aspect of one's life. It causes excessive sleep or sleep attacks at any time of the day. The disorder is not common in children. However, it may run in families but,
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science has not proven its genetic make-up (Morin & Colin 690).

Conclusion

Individuals suffering from sleep disorders such as insomnia should engage in mind-calming exercises that focus on breathing and awareness of the present time.

Work Cited

Morin, Charles M, and Colin A. Espie, *The Oxford Handbook of Sleep and Sleep Disorders*. Oxford: Oxford University Press, 2011. Print. Pp. 383-690