

## Sleep disorder



It refers to different conditions that cause sleep difficulties. These can manifest as problems falling asleep, such as staying asleep, falling asleep at unexpected times, sleeping too much, or unusual behaviors during the sleep period. There are about 100 sleep disorders that can last for days or a long time (chronic).

### Typologies and their causes

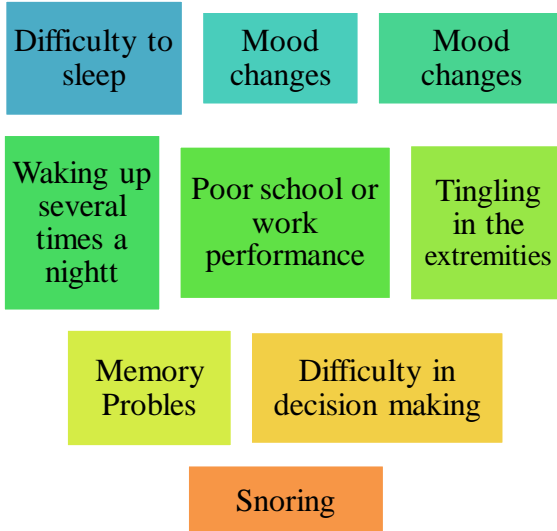
- **Insomnia** (trouble sleeping): this can be due to lifestyle reasons, such as feeling stressed, going to bed at different times, working at night, or excessive consumption of alcohol, tobacco, or caffeine. Also, due to physical reasons such as suffering from heart, lung or other diseases. Likewise, the use of different medications or having mental health conditions such as depression, anxiety, post-traumatic stress disorder or bipolar disorder can contribute.
- **Hypersomnia and Narcolepsy** (trouble staying awake): this can be due to problems with neurotransmitters in the brain, with the thyroid or diseases such as fibromyalgia or sleep apnea. It is an extremely dangerous condition because it causes a lot of sleepiness during the day and can occur at any time (such as while driving or working), even when you have slept well through the night.



- **Jet lag syndrome** (problems with the wake-sleep cycle) occurs when the body's internal clock is out of sync with that of the environment (day and night). Usually, they are temporary and are due to poor sleep habits, work schedules, or traveling to a country whose schedule is different. If it were to occur in the long term, it could be due to age, genes, or a medical condition.
- **Night terrors** (waking up terrified quickly during the sleep state): these can be due to fevers, periods of stress, emotional tension, or interpersonal conflicts. They are most common in children but can also occur in adults.
- **Sleepwalking** (when people walk or do activities while asleep): it is cause is usually hereditary. It is most common in childhood and can arise from fatigue, insomnia, or anxiety. In adults, it can be caused by alcohol consumption, medications, seizures, or a mental disorder.



## Symptoms



## Diagnosis and Treatment

Treating sleep disorders requires an accurate diagnosis by a healthcare professional. Treatments include:

- Medications prescribed to induce sleep, control seizures, or stimulants (in the case of hypersomnia).
- Consultations with psychiatrists or psychological therapies to address mental health conditions that may be causing sleep disorders.
- Continuous positive airway pressure machine for sleep apnea.
- Practice relaxation techniques to reduce anxiety.

### General recommendations

Sleep disorders can affect your health, safety, and overall quality of life by leading to certain health conditions and other complications. These general recommendations can improve your sleep quality:

- Check with your doctor and follow your treatment.
- Maintain a regular sleep schedule.
- Avoid watching TV or electronic devices at bedtime.

- Avoid heavy or heavy meals and caffeinated, carbonated beverages, and alcohol before bed.
- Integrate physical activity throughout the day.
- Try to synchronize your sleep with the hours of darkness at night.
- Try to relax with a warm bath, massage, soothing music, breathing exercises, gentle stretching, readings, or meditation.



### Social and Emotional Aspect

For recommendations, tools, and resources about how you and your family can cope with emotional and physical concerns that may arise during and after your treatment, please visit your primary doctor or contact the following phone lines:

**Medical Advice Line** 1-844-347-7801  
**TTY/TDD** 1-844-347-7804  
**APS Health** - 787-641-9133

### References:

<https://medlineplus.gov/spanish/ency/article/000805.htm#:~:text=Es%20la%20dificultad%20para%20conciliar,de%20sue%C3%B1o%20que%20usted%20tenga.2022>  
<https://www.mayoclinic.org/es-es/diseases-conditions/hypersomnia/symptoms-causes/syc-20362332> 2022

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