

## Sleep disorder



Sleep disorders refer to conditions that cause difficulty sleeping. There are around 80 sleep disorders. People should get enough sleep each night. The amount of sleep they get depends on various factors such as lifestyle, age, and health status, among others. Generally, adults need between 7 and 8 hours of sleep each night.

### Some sleep disorders include:

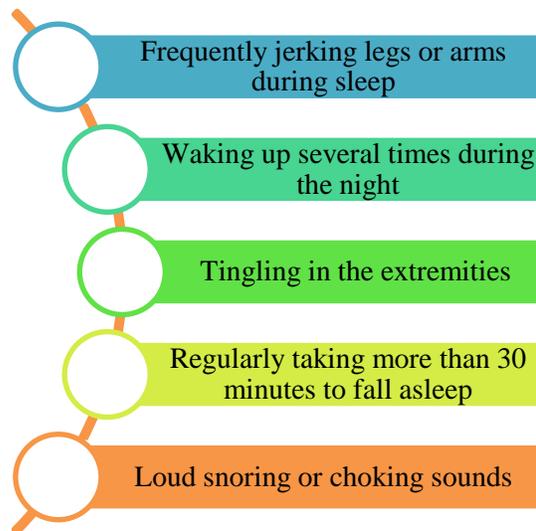
- **Insomnia** (trouble sleeping) - this is the most common sleep disorder. The person cannot fall asleep and stay awake.
- **Sleep apnea** – is a breathing disorder in which breathing stops for 10 seconds or more while sleeping.
- **Restless legs syndrome** - the person feels a tingling sensation in the legs along with a constant urge to move them.
- **Hypersomnia** - when a person cannot stay awake throughout the day. This includes narcolepsy, which causes excessive daytime sleepiness.
- **Circadian rhythm disorder** - problems with the sleep-wake cycle that disrupt falling asleep and waking up on schedule.
- **Parasomnia** - the person may talk, walk, or eat while falling asleep, during sleep, or upon waking up.

### What causes sleep problems?

Currently, there are several causes related to sleep disorders. These include genetics, medication use, heart disease, mental illness, and others. In some cases, the cause is unknown.

**Important:** Alcohol, caffeine, irregular sleep schedules, and aging are all factors that contribute to sleep problems.

### Symptoms of sleep disorders



### Diagnosis

To make a diagnosis, the doctor will use your medical history, sleep history, and physical exam. In addition, he or she may do a sleep study called a polysomnography.

The data recorded by these types of studies are:

1. Blood pressure
2. Changes in brain waves
3. Eye movements
4. Respiratory and heart rate



## Treatment

Treatments for sleep disorders will depend on the problem you have. Some are:

- Bright light therapy.
- Medicines, including sleeping pills.
- Natural products such as melatonin.
- Good sleep habits and other lifestyle changes, such as healthy eating and exercise.
- Relaxation techniques to reduce anxiety.
- Machine for sleep apnea.



### Recommendations for sleep

- **Set a sleep time** – Go to bed and wake up at the same time every day. If you can't fall asleep within 20 minutes of going to bed, leave the room and do something relaxing, and go back to bed when you're tired.
- **Pay attention to what you eat and drink** – Avoid going to bed hungry or overstocked. Avoid heavy or large meals before bed.



- **Have a proper resting environment** – keep the room cool, dark, and quiet. Avoid exposure to light-emitting screens on your devices.
- **Limit daytime naps** – they can interfere with nighttime sleep.
- **Engage in physical activity as part of your daily routine** – it can promote better sleep. Avoid exercising before bedtime.
- **Manage your worries** – try to resolve your worries before bed, write them down and leave them for the next day.
- **Managing stress may help.**
  1. Get organized
  2. Set priorities
  3. Delegate tasks if necessary
  4. Seek help from a professional

## Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call 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/sleepdisorders.html>

<https://www.mayoclinic.org/es/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

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