

CLASSIFICATION OF SLEEP DISORDERS

1. Dyssomnia
 - a) Intrinsic sleep disorders
 - i) Obstructive sleep apnoea syndrome
 - ii) Central sleep apnoea syndrome
 - iii) Central alveolar hypoventilation syndrome
 - iv) Narcolepsy
 - v) Periodic limb movements disorder
 - vi) Others
 - b) Extrinsic sleep disorders
 - i) Inadequate sleep hygiene
 - ii) Environmental sleep disorder
 - iii) Nocturnal eating & drinking syndrome
 - iv) Altitude insomnia
 - v) Others
 - c) Circadian rhythm sleep disorders
 - i) Jet leg syndrome
 - ii) Delayed sleep phase syndrome
 - iii) Advanced sleep phase syndrome
 - iv) Others



2. Parasomnia

a) Arousal disorders

- i) Sleep walking
- ii) Sleep tremors
- iii) Confusional arousal

b) Sleep wake transitional disorders

- i) Sleep starts
- ii) Sleep talking
- iii) Others

c) Parasomnias usually associated with REM sleep

- i) Nightmares
- ii) Sleep Paralysis
- iii) REM sleep behaviour disorder
- iv) Sleep bruxism
- v) Sudden infant death syndrome
- vi) Congenital central hypoventilation syndrome
- vii) Sleep related abnormal swallowing syndrome
- viii) Others

3. Sleep disorders associated with medical diseases

a) Associated with mental disorders



- i) Psychosis
 - ii) Anxiety/ Panic disorders
 - iii) Alcoholism
- b) Associated with Neurological disorders
- i) Sleep related epilepsy
 - ii) Sleep related headaches
 - iii) Parkinsonism
- c) Associated with other medical disorders
- i) Sleeping sickness
 - ii) Nocturnal cardiac ischemia
 - iii) Sleep related sweating
 - iv) Sleep related gastro-oesophageal reflux

4. Proposed sleep disorders

- a) Short/ Long sleepers
- b) Sub-wakeful syndrome
- c) Sleep hyperhydrosis
- d) Menstrual/ pregnancy associated sleep disorders
- e) Sleep choking syndrome
- f) Others