



Common types of sleep disorders

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Sleep disorders are conditions that affect the quality and quantity of sleep. They can lead to daytime fatigue, mood changes, and difficulty concentrating. Common types of sleep disorders include:

- **Stress and anxiety:** Stress and anxiety can interfere with the ability to fall asleep and stay asleep. This is often due to racing thoughts and worry about the future.
- **Medical conditions:** Certain medical conditions, such as chronic pain, asthma, and depression, can disrupt sleep patterns.
- **Lifestyle factors:** Poor sleep hygiene, such as irregular sleep schedules, excessive caffeine intake, and screen time before bed, can contribute to sleep problems.
- **Psychological factors:** Psychological factors, such as trauma, anxiety, and depression, can also lead to sleep disorders.
- **Shift work and jet lag:** Shift work and jet lag can disrupt the body's natural circadian rhythm, leading to sleep disturbances.

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- **Behavioral therapies:** (CBT-I) - Cognitive Behavioral Therapy for Insomnia. This approach focuses on identifying and changing thoughts and behaviors that interfere with sleep. It includes techniques like stimulus control, sleep restriction, and relaxation training. Research shows CBT-I to be highly effective and long-lasting.

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- **Medical interventions:** (Prescription) - Medications like Z-drugs (zolpidem, zaleplon) and benzodiazepines (clonazepam, lorazepam) are used for short-term relief. However, they carry risks of dependence and side effects. Melatonin supplements are also used, though evidence is mixed.

- **Stress and anxiety management:** - Addressing underlying stress and anxiety is crucial. Techniques like mindfulness, meditation, and cognitive-behavioral therapy can help reduce stress levels and improve sleep quality.

- **Medications:** - Prescription medications like Z-drugs and benzodiazepines are used for short-term relief. However, they carry risks of dependence and side effects. Melatonin supplements are also used, though evidence is mixed.

Discussion

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Conclusion

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