

Sleep Disorder

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Sleep disorder is the most recent issue that has been spreading rapidly in many countries. Amongst hundreds of various other problems prevailing in the society, sleep disorders are supposed to be given utmost importance as they not only affect the sleep life but also tend to affect the waking life.

But the actual condition is that they are given the least importance or can also be said that they are just ignored.

Poor sleep is the major cause behind these disorders that might eventually lead to minor or serious medical and psychiatric problems.

As an attempt to address such problems, this report discusses on the most common sleep disorders like sleep apnea, snoring and its affects on individuals.

Not just one, there are hundreds of sleep disorders that are noticed in the society. These disorders might become dangerous for life when left uncared.

Snoring, Sleep apnea, Insomnia, Narcolepsy, Parasomnias, Restless Legs and Periodic Limb Movement Disorder are some of the disorders that are commonly found.

None of the commonly found sleep disorders like sleep apnea and snoring are inherited but all are acquired through various sources like behavioral causes, environment, stress or might also be subsets of the victims medical or health problems.

A layman would best understand this if he / she happens to know the fact that Insomnia, considered as one of the major sleep disorder, is also acquired by caffeine intoxication.

Caffeine intoxication shouldn't be presumed to be a habitual activity of drug addicts who infuse caffeine into their body

but the fact is that it is also infused into the body of a normal person who consumes more than 2 to 3 cups of coffee every day.

This eventually not only becomes a habit rather the person becomes addicted towards this mind-altering drug.

Sleep disorders are usually inter-related; that is for instance a person who is suffering from sleep apnea might also be a victim of insomnia.

Insomnia, which is often thought to be a result of stress and anxiety, is also caused due to sleep deprivation. Other than this, even medications that are taken as a result of certain illnesses might also cause sleeplessness.

Age as well plays a vital role in pertaining to getting a good night's sleep. This is because of the biological fact that

melatonin, a chemical that is secreted in order to induce sleep, secretion decreases as we age.

As we attain the age of sixty, secretion of this chemical reduces obviously resulting in problems like either rising early in the morning or the inability to sleep at night.

So lack of sleep as well is a major cause for a number of sleep disorders including sleep apnea and snoring.

Let us discuss on how many percentages of human beings in this world are aware of the causes of sleep deprivation.

Poor thing, the answer would definitely be in single digit. At the first place, most of us are not aware of how many hours a normal human being is expected to sleep per day.

A number of misconceptions prevail some addressing it to be 8 hrs and some mentioning it to be 5 hrs. The fact is that there is no such standard number that determines the hours a human being should sleep.

It actually depends on individuals and the nature of their body chemistry, for instance, a short sleeper sleeps for 3 to 4 hours per day whereas a long sleeper sleeps for more than 10 hours.

This also depends on age; for instance, a 16 month old baby might sleep for more than 16 hours per day but a sixty year old elderly person might take short naps during day and sleep only for 5 hours during night. All these conditions being normal, a disorder can be deducted only either when tried to adapt a new sleeping condition or when the usual sleeping pattern is disturbed.

As mentioned earlier, there are a number of sleep disorders that are found in common these days. Let's start our discussion with sleep apnea.

The word 'apnea' is a Greek word that means 'without breath'. The word is very specifically selected for the condition, as sleep apnea is a condition in which the victims usually stop breathing during their sleep. To be more technical, it can be defined as a condition in which the airway collapses and breathing repeatedly stops. The patients stop breathing repeatedly, may be hundreds of time during their sleep or it might in some cases be even for one or more than one minute.

As the condition sustains, oxygen levels in the bloodstream falls down, in turn leading to high blood pressure, strokes, heart attack, and many other abnormal heart rhythms.

Increased possibilities for heart attack and stroke is noted among victims of sleep apnea who are obese. Obesity might cause sleep apnea by the fatty cells that enlarge and contract therefore leading to obstruction in the airway.

This is a real serious condition, which should be treated as soon as suspected. Sleep apnea is very common like any other common diet challenging health problem like diabetes. As there is no age restriction for this disorder, sleep apnea is commonly found in children as well.

Educating them about the causes and preventive measures of sleep apnea can only reduce the increase in victims. This sleep disorder is desperately undiagnosed and untreated in many cases that in turn lead to a number of serious consequences.

In order to start its early treatment, it is necessary to detect sleep apnea at the earliest. There are quite number of

symptoms that can help us locate the victim suffering from sleep apnea.

As mentioned earlier, sleep apnea is a condition in which the victim stops breathing several times during sleep. This periodical stoppage upsets the balance of oxygen and carbon dioxide in the blood. As the amount of carbon dioxide increases, the brain senses the condition and generates an impulse that wakes us the victim in order to release the excess carbon dioxide in the body and helps him/ her to in take enough amount of oxygen.

This cyclic reaction takes place from between ten to sixty times during one sleep-night. It might in extreme cases stop the victim to breathe for more than one or two minutes.

This impulse sent from the brain periodically is what helps the victim to restore the normal condition by restarting the breathing system and saves the person's life.

Though this impulse restarts the breathing cycle, it ends up in the victim experiencing a sleepless night. Though the victim is many times not aware or does not remember his / her breathing complications, the condition eventually ends up in daytime sleepiness.

There are various other key symptoms from which sleep apnea can be detected. Either the victim's spouse or a sleep partner can help in watching out the victim's sleep activities and help in diagnosing sleep apnea.

Choking and waking up sweating during sleep are common symptoms of sleep apnea. Loud snoring as well is a very common symptom.

Experience of a restless night sleeps leads to feeling un-refreshed in the morning. Headaches upon awakening,

sleepiness, depression and other personality changes are also common symptoms.

Victims of sleep apnea can be noticed to be more lethargic in work than before. They might also experience rapid weight gain, memory loss leading to poor learning abilities.

Sleep apnea victims are proved to be poor in judging situations.

A sleep partner can notice these symptoms, measure it and discuss with a sleep specialist. This would greatly help the doctor in analyzing the symptoms and diagnosing the problem.

Sleep apnea can be measured in terms of the loudness of the snoring. The sleep partner at times can wake up during

night and check the victims sleep status, that is whether he / she is sleeping or awake.

A sleep partner who attempts to notice sleep apnea symptoms should also check the victim's breathing activities regularly as they have high percentages of possibilities to get choked.

A sleep diary or an audio recorder can be effectively used to record the sleep activities of a person suffering from sleep apnea.

Sleep diaries can be purchased from any sleep center or can even be prepared at home. The most important points that in a sleep diary are as follows:

- The time when the victim goes to bed.
- Number of times he / she wakes up in during sleep

- How loud the victim snores (this can be noted by using a audio recorder)
- Number of times the victim chokes during sleep
- Number of total hours the victim has slept
- The time when the victim woke up during sleep
- How he / she feels in the morning. This can be found out by checking the victim whether or not he / she is feeling refreshed.

Any other points that the doctor or a sleep specialist suggests can also be included.

These simple sleep tests can also be had in a sleep clinic where there are sleep experts to conduct these tests. In a sleep clinic, the victim is observed and diagnosed for sleep apnea.

Other than having an observation at a sleep clinic, sleep specialist also physically check the victim's mouth to diagnose sleep apnea.

Tests in a sleep clinic are conducted using specialized equipments as well. Polysomnography is one such tests that are carried out at sleep clinics to diagnose sleep apnea.

It is used to record electrical activities of the brain, pulse rate, eye and muscle movement. The respiratory efforts, blood oxygen carbon dioxide levels during sleep are also effectively observed from this test. Multiple Sleep Latency Test (MSLT) is yet another test that is used to measure the speed of falling asleep at different points during day.

The symptoms noted are associated by sleep specialists and diagnosed as a particular type of sleep apnea. There are three types of sleep apnea, viz., (a) Obstructive Sleep Apnea (OSA), Central Sleep Apnea (CPA) and Mixed Sleep Apnea.

Out of the three, Obstructive Sleep Apnea or OSA is the most common one yet most serious one. Victims of OSA have problems in breathing because of the formation of an obstruction in their nose and mouth that blocks easy flow of air through the airway.

Commonly accompanied by snoring, victims of OSA wake up often during sleep. Victims of OSA experience recurrent breathing process in which the throat muscles that normally help during wakefulness relax and close the throat.

As the victim tries hard to breath, due to the vacuum already created the throat muscles contract more and close the airway completely.

Differing among individuals, this process cycle might last up to a maximum of two minutes. The process terminates only when the victim wakes up. This arousal signal is initiated by the brain when the carbon dioxide level increases in the blood.

These cycles can take place hundreds of times during sleep while the victim may not be aware of the process.

Though the process might sound a bit simpler, the causes are severe. Based on the severity of OSA a person has, the condition can be specified as a sure life threatening condition.

There are increased possibilities for a victim of OSA to have a heart attack or stroke or even cardiac arrests during sleep. They are also evident of having major accidents due to sleepiness while driving.

Due to the restless sleeps they experience, they are deprived of sleep and seem to face negative consequences proportional to the severity of OSA.

Central Sleep Apnea is the second type of apnea that is caused due to delay in receiving brain signals. Though CSA is not as common as OSA, it is still found in few percentages among the victims of sleep apnea. This is a type of sleep apnea caused by the delay in receiving a brain signal that instructs the person to breathe regularly. Oral, throat and abdominal breathing all the three cease together in this case. Mixed Sleep Apnea is the third type of sleep apnea that is a combination of the two other sleep apneas described above.

The major cause for sleep apnea is obstruction in the airway. The main causes that attribute to the obstruction are overweight or obesity, age, gender (men have greater possibilities to become a victim of sleep apnea), irregular sleeping habits, smoking, consumption of alcohol, snoring, high blood pressure and sometimes heredity.

The above mentioned are the main reasons that pertain to be the causes in many sleep apnea cases. Though not a single characteristic can be declared as such to be the exact cause for sleep apnea but it might be a combination of two or more attributes.

After diagnosis, it is very essential to start the treatment to cure the diagnosed patient suffering from sleep apnea.

Genioglossus and hyoid advancement is a method of treating sleep apnea. The surgical process collapses the lower throat

pulling the tongue muscles forward. This surgery opens the airway by removing or relocating the obstructions.

Uvulopalatopharyngoplasty (UPPP) is yet another surgical procedure to treat obstructive sleep apnea. The process tightens the throat tissues which obviously clears the blockage on the airway.

Though there are a number of methods to cure sleep apnea, the most common and effectively used method is CPAP - Continuous Positive Airway Pressure. CPAP can be adapted when surgery is difficult or not possible.

CPAP is a marvelous invention of the twentieth century. Dr. Colin Sullivan of the University of Sydney in Australia invented it in the year 1981.

To a layman, CPAP can be defined as a nasal mask that helps victims of sleep apnea breathe better. CPAP delivers air into the air passage through this nasal mask.

The air in taken through this nasal mask is delivered in with enough pressure thereby keeping the airway open. CPAP is considered to most effective way to alleviate sleep apnea, as it is the only non-surgical methodology used to treat sleep apnea.

When used correctly, CPAP is found to be nearly 100% efficient to treat sleep apnea. A victim of sleep apnea can start wearing this nasal mask after consulting with an ENT specialist who can advise whether or not CPAP would suit his / her physical condition.

As a result of using CPAP, victims would be inviting a new lifestyle for themselves that might include loss of weight, adoption of new exercises and quitting smoking.

Usage of CPAP is suggested for a patient only after studying his / her medical history, current medications, cardiovascular conditions and their habit of consuming alcohol or drugs.

As the process does not include any surgical phenomenon, it is observed and suggested for thousands of patients and is proved to be almost 100% successful.

However, victims of sleep apnea who have problems wearing CPAP during travel are suggested to adapt a surgical method to get rid of sleep apnea. The unit pressure of the CPAP is set based on the severity of sleep apnea the person has. CPAP can be used by plugging it into an electrical outlet that would provide flow of air into the nasal mask. As CPAP is only a treatment and not a cure, its best effect can be experienced only when used continuously during sleep.

CPAP is in fact not an easy therapy to adapt. In some cases the patients are noted to give up when they do not notice any immediate improvement in their condition.

Few others noticeable factors which tend the patients to give up are redness caused around the nose, dryness of the throat and disturbances caused by the tight fitting nasal mask.

Based on an ENT specialist's advice, the type of the treatment can be changed if it is found to be very uncomfortable to use.

Usage of dental devices is yet another way of treating sleep apnea. Dentists who are trained in dental appliances for sleep apnea design these dental devices.

This dental device is specifically designed to treat sleep apnea. Dental devices are prescribed for mild sleep apnea or when the patient is able to use CPAP.

The dental device is kept in the mouth at night pushing forward the lower jaw and the tongue. These devices are available in two forms: fixed type and adjustable type.

It is noticed that the success rates are higher for adjustable type dental devices than fixed types. Usage of any dental devices, fixed or adjustable, might cause swelling and pain of jaws till they get used to the device properly.

Radio frequency is the latest procedure that is used to treat sleep apnea. This process used in this procedure includes shrinking of the tongue or throat tissues using radio frequency waves.

The throat or tongue tissue is pierced with the help of electrodes that are connected to a radio frequency generator. The inner tissues are heated to 158-176⁰ F that shrinks the inner tissues but not the outer tissue paving way for free flow of air. There is no specific success rate noted as such for this treatment as this is a latest therapy that is not used commonly.

Untreated and unnoticed sleep apnea might lead to a number of various other issues like high blood pressure, weight gain, impotency, memory problems and headaches.

Sleepiness, which is also a sub product of sleep apnea, is another major factor that has caused a number of accidents in America and other countries.

Sleepiness is a result of untreated sleep disorder, sleep deprivation and shift work. The fact is that sleepiness is equally a risk factor like alcohol, excessive speed, and rash driving that increases the possibility of accidents.

But this condition is not and cannot be included as a prohibited condition which one should follow while driving as it cannot be measured anyway. There is no monitoring mechanism to measure sleepiness similar to the tests and mechanisms that are available to measure one's blood alcohol level, or the speed at which the person was traveling at the time of accident.

This makes it difficult to ascertain that sleepiness was included in the accident. This situation is to the advantage of the person who can easily deny that he / she was sleepy at the time of accident.

But besides all this, the fact is that sleepiness offers its major contribution to vehicle crashes than any other factor that is counted upon as other factors are well monitored, controlled and, in excess cases, charged.

This condition can be restored only when people are educated on the importance of sleep. Not limited to its importance, they should also be insisted on the fact that sleep is equally an important factor like diet or environment that contributes to good health.

Recent research on the issue shows that treatment of sleep apnea with CPAP - Continuous Positive Airway Pressure reduces the risk of crashes caused due to sleep apnea.

Yet another tedious sleep disorder is snoring. As it is found very commonly, we never believe it to be a sleep disorder.

Many of us even believe it to be a habit of certain personalities but snoring in fact is a serious sleep disorder.

Snoring is a sound created due to some blockage found in the airway. The victims nose or the mouth can be the source for the sound creation.

The blockage can either be created in the nose or in throat due to which the sound is produced. It is true that very often snoring is considered to be a habit or many a times it becomes a topic of an entertaining evening when a snoring friend is around.

But all of us should understand that snoring is a condition that should not be left untreated. Consider it to be a serious issue; snoring can be treated in a number of ways.

If a person has a silent sleep it means that he is free from any blockage in the throat or mouth. The sound is usually produced by a thin soft palate or the base of one's tongue that falls before the throat's air channel blocking the air.

This tissue or soft palate creates sound by striking against the walls of the throat and nose. Reactivity towards snoring should not be lethargic as in many cases it is considered to be a symptom of many sleep disorders like Acromegaly, Marfan syndrome and Obstructive sleep apnea.

Snoring can be preventative in its initial stage. Regular exercise and weight loss greatly contributes to the prevention of snoring. An immediate effect can be experienced when slept on the sides rather than on the back.

Here is a clear picture of what makes a person snore during sleep. The various components of the human mouth are themselves the causes of snoring.

The mouthpart consists of the tongue, tonsil, uvula and the soft palate that then leads to the throat. Teeth are the other components that cannot be called as a cause for snoring.

Snoring is caused when there is an obstruction noticed on the airway. The noisy sound is produced when the passage of the air going through the mouth and nose is obstructed on their way to the throat.

As a result the components of the mouth (tongue, tonsil, uvula and palate) strike each other and start vibrating as the air passes through thereby creating a noisy sound called snoring.

These causes might take different shape based on the condition in which the snorer is. Consumption of heavy alcohol and sleep inducing drugs are a major cause.

The mouth tissues are usually softened when these drugs and alcohol are consumed. When the muscles are too relaxed, the tongue falls behind on the airway blocking the passage of the air to the throat.

Snoring might also result when the tissues of the throat are excessively bulky.

An excessively grown tonsils is yet another reason. Obese people usually have bulky neck muscles which block the air passage during sleep.

Thyroids and tumors are also suspected to contribute to snoring. A long uvula or a soft palate worsens the condition as they flutter when the air passes through.

Snoring can even be noticed in normal human beings who never snore during winter or a fever season. This is resulted as a blockage in the nose due to cold. In such a condition, the respiratory system struggles to inhale air. In the process, a vacuum is created in the throat area which makes the uvula, tonsil and the palate vibrate.

Snoring should not be considered as something funny as it is a cyclic condition that leads to a variety of health problems.

It not only deprives the snorer of sleep but also causes sleep deprivation among their sleep partners. Sleep deprivation in turn causes daytime sleepiness, low energy, laziness, low

productivity, poor mental health, off mood and slow reactivity to things.

Higher end effects may be high blood pressure, diabetes, heart stroke, hypertension and ultimately premature death.

Snoring, both socially and medically, should be considered serious as they can become the root causes for a number of long term health hazards.

In addition to disturbing other sleep mates, it also deprives the snorer of proper sleep.

The best would be to treat snoring at its early stage as sleep deprivation is found to be the major cause of thousands of health issues.

Heavy snorers should definitely get the assistance of an otolaryngologist or an ENT specialist. On analyzing the nose, mouth and throat in a laboratory it can be determined how serious the condition is.

Thermal Ablation Palatoplasty (TAP) is the name given to a group of methods and techniques that are used to treat snoring and few other aspects of OSA.

Bipolar cautery, laser, and radio frequency are the three types of methodologies used in TAP. Laser Assisted Uvula Palatoplasty (LAUP) is a laser treatment used to treat snoring and mild obstructive sleep apnea.

Tiny portions of the uvula and the palate are vaporized with the help of laser. An otolaryngologist gives this treatment after treating the patient with local anesthesia.

Another method is Radio frequency ablation that is a process in which the excess tissues causing the blockage in the airway are shrunk using a thin needle like electrode.

This needle emits energy that helps to precede the process. Oral dental appliances can also be used to treat snoring.

There are a wide range of dental appliances which are used as preventive tools to treat snoring and sleep apnea; some lower down the tongue and others move the lower jaw creating a passage for the free flow of air.

Mild snoring can be prevented by the snorers themselves. Maintaining a well-toned muscle structure can prevent snoring. Consumption of alcohol, sleeping pills and having heavy food before sleeping can be avoided.

Above all this, following a regular sleep pattern can greatly help. Sleeping on the side can also be made habitual, as snoring is high when one sleeps on his / her back. Yet another important gender fact noted in snoring is that snoring is statistically noted to be common among men rather than in women.

Insomnia is another sleep related problem which has major effects on the normal life. Insomnia is a condition in which the patient is unable to sleep or stay asleep for a long time.

Victims of insomnia have inadequate sleep as they have difficulties falling asleep. Even if they manage to sleep they will not be able to sleep for a longer time.

They are noted to wake up often during sleep. They usually have un-refreshed sleep and wake up very early in the morning.

Insomnia can be deducted by noting down its various symptoms. Though the symptoms of insomnia might vary from an individual to the other, there are few common symptoms that can be made use to identify the problem.

An obvious symptom of insomnia is the difficulty that the victims face to fall asleep. In extreme cases, it might also take 45 minutes to an hour in their attempt to sleep.

Major causes of insomnia include, stress, anxiety, fear and drugs like caffeine. Extreme pain, over activity of the brain and age also contribute greatly to insomnia.

Reports prove that insomnia increases as the age increase. It is also proved that more than 30% of men and more than 40% women are affected by increased percentages of insomnia as their age increases.

Stress and fear factors can be put forward as reasons for the difference in the percentages. As women normally undergo more stress, anxiety and fear when compared to men, the possibilities of women to be victims of insomnia is greater.

There are three different types of insomnia viz., (1) transient, (2) acute – short term and (3) chronic insomnia.

Transient insomnia is a common type of insomnia that everyone must have experienced at least once in their life time.

This type of insomnia lasts for one night or utmost for few weeks. It persists only for a short duration as normal human beings have stress and anxiety that might put off their sleep for a small duration.

But as their problem is restored the condition as well vanishes. Acute or short term insomnia is the second type of insomnia that continues for a period of two to three weeks time. This is also called intermittent insomnia as the condition occurs from time to time.

The third or the last type of insomnia is chronic insomnia. Though rarely found it is considered to be a real serious condition of all the three types of insomnia. The basic cause of insomnia is depression.

A distinct line cannot be drawn among the causes, as it is always a combination of more than two or three mental or health issues. They might be sleep apnea, heart problems, menopause, asthma, restless legs syndrome, kidney disease and hyperthyroidism.

Other behavioral causes like consumption of over doses of caffeine, irregular sleep patterns that can be noticed in night shift workers and stress are as well few major causes of insomnia.

A victim of insomnia can be said to suffer either from primary or secondary insomnia. Primary insomnia is common which is nothing but sleeplessness not caused due to any medical or environmental problems.

Secondary insomnia is a condition that should be examined and considered serious. Secondary insomnia is in many cases found to be a cause of some health problem. Causes of insomnia should certainly be discussed in detail, as they are conditions to be noticed and treated at the earliest.

Some of the common causes of insomnia include sleep apnea as one of the causes. As sleep apnea is already discussed adequately, let's move on to the next major cause that is Restless Legs Syndrome (RLS).

This is a peculiar condition in which the victim experiences a power urge to move his / her legs. The urge is noticed to be so powerful that the victim tingles his / her legs suddenly.

As an attempt to get themselves relieved from this restless sensation, victims normally move often in the bed. This rapid movement results in restless night sleep and sleepiness during day.

Jet lag is another cause of insomnia that is known to many of us. But still would like to give you a briefing about the subject. Jet lag is a condition that is experienced by people who travel frequently across time zones. The contradiction between the difference of the daylight in various countries and the internal body set-up cause restlessness resulting in insomnia.

Parasomnia is yet another major cause that is a combination of a variety of sleep disorders. REM behavior disorder, sleepwalking and nightmares are considered to be a part of parasomnia.

Sleepwalking is also a serious sleep disorder that has also proved itself dangerous in many cases. This disorder as well will be discussed in detail in the forth-coming sessions.

Insomnia can also be a side effect of some medications, mental illness, emotional threats, stress, free and depression. An unbelievable fact also proves the possibility of acquiring insomnia based on genetics. This type of insomnia is named Fatal Familial Insomnia (FFI) but it should also be mentioned that it is very rarely found.

This is a brain disease caused by the mutation of a protein called prion protein (PrP). The mutation changes the chemical bondage and changes the shape of PrP. This results in amyloid plaques in the thalamus and disrupts the normal condition.

As thalamus is the region of the brain that is responsible for sleep, the disruption affects the sleep pattern as well. First resulting in insomnia, the condition worsens as the victim's age increases.

The problem progresses to be more serious and the onset starts sometime between the ages of 30 to 60. The condition noticed in this type of insomnia is that the victim lives no longer than three years after the onset is reached.

Common symptoms of FFI are intractable insomnia, dementia, paralysis and in some cases hyperthermia and hypertension is also noted.

Similar to other prior diseases and as the name reads, Fatal Familial Insomnia as well is a fatal disease and is incurable. Age old and latest researches are all going on attempting to invent a drug to cure FFI.

There are a number of treatments that are adapted to treat insomnia. Many consume sleeping pills and sedatives to cure insomnia. Many others make use of herbs like chamomile, lavender and passionflowers.

Aroma therapy as well is found be a very relaxing treatment of insomnia. Various other traditional methods are to have a cup of warm milk before going to bed, getting up early in

the morning, doing rigorous exercise in the afternoon and having a warm bath in the evening.

Though not proved scientifically, these traditional methods are definitely found to be very relieving. Quite good percentages of the insomnia victims have found these therapies to be effective. Having a heavy lunch and a mild supper also helps cure insomnia.

The basic fact behind insomnia is that it shows its worse part only when the sleep pattern is changed. This condition can be overcome if the mind is kept relaxed especially in the evening. A stress free mind can definitely change the situation thereby inducing sleep in the patient.

Few other points that can be taken care of while handling insomnia:

- Avoid having dairy or other products with high calories before sleep.
- Avoiding or if possible stopping the use of any type of caffeine may help.
- The sleeping place should be dark and noise free.
- Listening of mild music can also help.
- Avoiding day sleep.
- Depression being another main cause, this can as well be set away before.
- Listing out the work to be done the next day greatly helps as it relieves the victim of the fear of forgetting some important work.
- Sexual activity can also induce sleep due to the secretion of some special hormones.

A lot of similar remedies can be listed that has proved records of relieving victims of insomnia.

Sleepwalking as well is a serious sleep disorder that many times is dangerous for health. Sleepwalking is a condition in which the victim starts walking during sleep without the knowledge of his / her conscious mind.

Sleepwalking can affect people of any age and class. Statistical records show that greater percentage of children to be affected by sleepwalking or somnambulism.

It has also revealed that boys are more likely to sleepwalk than girls. Sleepwalking is a Rapid Eye Movement (REM) behavior disorder that occurs during the dream stage of a victim.

Based on different platforms, sleepwalkers perform different activities that vary from eating, washing, dressing till driving and in extreme cases murdering.

The activities of sleepwalkers cannot be predicted as it differs based on the victim's emotional levels and also the type of dream they might be having during the situation.

Sleepwalkers are always dangerous to themselves and others as they are predictive on what they would do during their sleepwalking. The condition worsens as the victims are not aware of what they are doing (the activities are performed without the control of the conscious mind) and for the same reason the condition is dangerous.

Few common symptoms of sleepwalking are stress, fatigue, anxiety, difficulty in arousing the sleepwalker during an episode and amnesia after an episode.

Sleep is characterized with a number of different sleep stages. REM sleeping a different stage during which the eye balls move more rapidly under the eye lids and also are prone to have dreams.

Sleep cycles takes place rapidly during sleep changing from REM to non-REM stages. Sleepwalking mostly occurs during the non-REM stage that is during early night or during the REM stage that might occur during early morning.

The sleepwalking episode might vary from a few seconds or minutes to more than 30 minutes or more.

Common misconception that many of us have is that we should not awake a sleepwalker during an episode. Sleepwalkers should of course be awoken if they are in danger.

Nothing spectacular takes place when the sleepwalkers are awakened but they definitely feel embarrassed and guilty of their activity. Sleepwalking can be treated with a number of medications and allopathic treatments but the most common treatment used to treat sleepwalking is hypnosis and it has also proved to be successfully on short-term basis.

Sleepwalking can be prevented or self treated by making arrangements to get plenty of rest, having a more relaxed mind before going to bed, if possible meditating or doing some exercise that might rest your mind in peace.

Home mates of a sleepwalker should as well take care of few points that might turn to be dangerous for the sleepwalkers during their episode.

It is preferred to have the sleepwalker's room in the ground floor of the house. This would reduce the greater possibility of the sleepwalkers being rolled down the stairs. Small such measures taken by the home mates might definitely help the sleepwalker from being hurt.

The fact is that sleep disorders are limited to what we have discussed in this detailed report. Sleep disorder can be called a huge ocean that has hundreds of different disorders in it.

In some cases it is also possible to notice a combination of two or more disorders together. Being all interrelated; it is difficult to draw clear lines between them.

However, whatever the sleep disorder is, it should never be overlooked or under estimated. Sounding simple sleep disorders might also have hazardous effects in the later stages. So it is advisable to consult a sleep specialist at the earliest stage to have the disorder diagnosed and treated.