

SLEEP DISORDERS: Signs & Symptoms

Everyone experiences occasional sleep problems, but getting a good night's sleep is essential for feeling refreshed and alert during the day. Lack of sleep might make you feel foggy and unable to concentrate, or just a lesser version of your normal self. Sleep problems will eventually disrupt your work, family and personal relationships.

How do you tell if your sleepless night is an isolated occurrence or if it is related to a chronic sleep problem or disorder? Start by identifying your symptoms. Particular behaviors during the day are telltale signs of sleep deprivation. If you are experiencing any of the following symptoms on a regular basis, your sleeplessness might be part of an ongoing problem or sleep disorder.

Do you . . .

- feel irritable or sleepy during the day?
- have difficulty staying awake when sitting still, watching television or reading?
- fall asleep or feel very tired while driving?
- have difficulty concentrating?
- often get told by others that you look tired?
- react slowly?
- have emotional outbursts?
- feel like taking a nap almost every day?
- require caffeinated beverages to keep yourself going?

SIGNS & SYMPTOMS OF COMMON SLEEP DISORDERS

- Snoring
- Pauses in breathing during sleep
- Daytime sleepiness
- Morning headaches
- High blood pressure
- Irritability
- Difficulty concentrating
- Frequent awakenings at night
- Chronic insomnia