Sleep Disorders and Medical Conditions

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Sleep is a basic human need, much like eating and exercise. It is also important to our overall health and well-being. We spend up to one-third of our lives sleeping. Lack of sleep or poor quality of sleep is known as a significant negative impact on our health in the short and long term.

Sleep disorders, or somnipathy, is a medical disorders of the sleep patterns of a person, with global epidemic up to 45% of the world’s population. Sleep disorders cause significant individual and societal burdens and form serious public health problems. The International Classification of Sleep Disorders (ICSD-III) is most widely used classification system for sleep disorders into 6 categories, including Insomnia, Central disorders of hypersomnolence, Circadian rhythm sleep-wake disorders, Parasomnias, Sleep related movement disorders, and Sleep related breathing disorders. Effects of poor quality sleep or sleep deprivation in short term include negative impact on our attention span, memory recall and learning. Whilst, the long term effects have been associated with significant medical consequences, such as obesity, diabetes mellitus, cardiovascular disease, cognitive functions, psychological conditions, weakened immune systems, and even some cancers. Treatments for sleep disorders can generally be grouped into four categories, including Behavioral and psychotherapeutic treatment, Rehabilitation and management, Medication and Other somatic treatments.

Sleep is a basic biological need and essential to our health, performance, safety & quality of life. Sleep deprivation and sleep disorders have serious negative medical consequences. Establishing healthy sleep practices prevent sleep problems & promote optimal sleep.

Keywords : Sleep, Sleep disorders, ICSD-III, Medical consequences