

Sleep Disorders

Symptoms and Treatments Guidebook



Advent Health



Learn the Power of a Good Night's Sleep

If you wake up groggy, feel exhausted most of the day or fall asleep at unusual times, you may have a sleep disorder – and you've got company. Across the country, some 70 million Americans report difficulties falling or staying asleep. More than just an annoyance, this problem can have serious, adverse health consequences. A lack of sleep not only makes you less alert at work and while driving, but it may also trigger or worsen serious conditions such as heart disease, diabetes, depression, obesity and high blood pressure.

AdventHealth Orlando's Center for Sleep Disorders is nationally accredited by the American Academy of Sleep Medicine, which sets the medical standards for effective diagnosis and treatment of sleep disorders. With multiple sleep study facilities across Central Florida and some of the area's

leading experts in sleep medicine on our team, we can efficiently diagnose and effectively treat your sleep disorder so you can rest easy and avoid unnecessary injuries and illness.

Our board-certified sleep medicine physicians analyze lifestyle choices that may be impacting your ability to sleep – from your dietary choices to the amount of exercise you get – to design a treatment plan that's optimally balanced according to your nutritional, exercise and spiritual needs. A good night's sleep is critical to feeling whole, so contact us to see how we can help you wake up to a bright new day for the body, mind and spirit. This guidebook will help you understand your condition and your treatment options.

Common Sleep Disorders

Sleep disorders refer to irregularities associated with sleep cycles. These irregularities may cause you to struggle to fall asleep, wake up multiple times during the night, fall asleep during the day, have severe nightmares, act out certain dreams, or even stop breathing while you sleep. Most people who experience sleep disorders can successfully manage their symptoms with medications and certain lifestyle changes that your doctor can recommend.

While sleep disorders are common, they often go undiagnosed for years. People may be unaware that their normal sleep pattern is being disrupted and therefore attribute their daytime drowsiness to other factors. Fortunately, the following disorders are easily diagnosed and typically responsive to treatment.

Obstructive Sleep Apnea

Obstructive sleep apnea (OSA) is the most common disorder treated by AdventHealth's sleep medicine specialists. This condition is caused by the relaxation of the muscles in the back of the throat, which occurs when a person is sleeping. This obstructs the airway so that you briefly stop breathing during sleep. The brain immediately wakes up the person with OSA, but usually only for a second or two, so the incident is easily forgotten by morning. This pattern generally repeats multiple times during sleep. Loud snoring is a common indicator of OSA. If you have this condition, you may wake up with headaches due to reduced oxygen in your blood, and you probably feel extremely tired when you're awake.

Insomnia

Individuals who have trouble falling or staying asleep and those who wake up too early in the morning may suffer from insomnia. This is

a common problem associated with a lack of energy and excessive daytime sleepiness. Over the long term, it can cause you to feel tired, depressed or irritable, and have trouble paying attention, learning and remembering. Severe insomnia can also cause neurochemical changes that can lead to conditions such as depression and anxiety.

Narcolepsy

This sleep disorder causes you to feel overwhelmingly tired and spontaneously fall asleep during the day. People who have narcolepsy can have trouble staying awake for extended periods of time, regardless of how much sleep they get. Most patients are typically diagnosed between the ages of 10 and 25, and the severity of the condition varies for each person.

Night Terrors

Night terrors refer to intense nightmares that often cause people to scream and thrash during sleep, though the person typically doesn't remember doing so the next morning. Night terrors usually affect children between the ages of 4 and 12, and most children outgrow them by adolescence. In rare cases, adults may have night terrors, usually in response to extreme stress or anxiety; these episodes can sometimes be controlled by medications.

REM Sleep Behavior Disorder

This condition affects patients who do not experience the temporary paralysis most people do during REM sleep. It causes you to "act out" often-intense and violent dreams by yelling, punching, kicking and jumping up from bed. It typically occurs in middle age and elderly patients and is more common in men than women.

Restless Leg Syndrome

Restless leg syndrome (RLS) is a neurological movement disorder characterized by uncomfortable and sometimes painful sensations in the legs that produce an overwhelming desire to move. The sensation can be throbbing, pulling, tingling, crawling or creeping. Symptoms worsen during periods of relaxation, including sleep.

Other Sleep Disorders

In addition to the disorders listed above, we regularly diagnose and treat a wide range of associated sleep issues including:

- Periodic limb movement disorder
- Delayed or early sleep phase syndrome
- Shift work disorder
- Idiopathic hypersomnia
- Sleep paralysis
- Sleep walking



Causes and Risk Factors for Sleep Disorders

The causes of sleep disorders can vary depending on your specific condition and are not always known. The following are some potential causes and characteristics of common sleep disorders.

Sleep Disorder	Causes/Risk Factors	Symptoms
Obstructive Sleep Apnea	Throat and tongue muscles relax, causing the airway to close; risk factors include obesity, smoking, atypical work hours, large neck size, and being male	Loud snoring; gasping for air or holding your breath while sleeping; waking dozens of times through the night without being aware of it
Insomnia	Psychological factors (stress, anxiety); health conditions (arthritis, thyroid disorder); medications; dietary stimulants (caffeine); watching TV or being on the computer before bed	Trouble falling asleep or staying asleep; daytime fatigue; anxiety and irritability; poor concentration, impaired memory and decreased motor coordination
Night Terrors	Fatigue, extreme stress and illnesses that cause fevers; medications affecting the brain or spinal cord	Screaming or thrashing during sleep; condition is usually outgrown by adolescence
REM Sleep Behavior Disorder	Unknown; may be linked to degenerative neurological disorders or withdrawal from alcohol or drugs	Yelling, punching or kicking during sleep; jumping out of bed
Restless Leg Syndrome	Unknown; possibly related to the balance of chemicals in the brain and/or genetic factors	Uncontrollable leg twitching; creeping, tingling or crawling sensation; throbbing or aching legs; symptoms worsen when sitting or lying down
Narcolepsy	Uncertain; possibly due to imbalances in brain chemicals	Overwhelming tiredness; spontaneously falling asleep during the day; difficulty staying awake even after a night's sleep; hallucinations occur while falling asleep and waking



Diagnosing Sleep Disorders

The most common way to diagnose a sleep disorder is through an overnight sleep study. AdventHealth has several conveniently located sleep centers across the metro area, each of which is equipped with advanced diagnostic technology to record and monitor your sleep patterns, heart activity, breathing and body movements while you sleep.

Our specialized team will facilitate your sleep study and interpret the results, after which our experts can design a treatment that's tailored just for you. You will have a private suite, similar to a hotel room, for your overnight study. You'll receive instructions on what to bring with you and how to prepare for your sleep study when you make your appointment.

If you think you might be facing a sleep disorder, speak to your doctor about getting evaluated or call our care coordinator.

Know Your Treatment Options

Depending on your diagnosis, a variety of effective treatments may be available to you.

Treatments for Obstructive Sleep Apnea

Mild cases of sleep apnea can be treated with lifestyle changes such as weight loss and quitting smoking. More severe cases may require devices and/or surgery to open the airway. One such device is a continuous positive airway pressure (CPAP) machine, which delivers air through a mask placed over the nose during sleep, pushing air into the patient's mouth when he or she inhales. Moderate and severe sleep apnea cases may require surgery, in which the extra tissue from the throat or nose that is blocking the airway passage is removed. AdventHealth is home to leading otolaryngologists (head and neck surgeons) who perform the latest procedures for addressing obstructive sleep apnea, including transoral robotic surgery and minimally invasive approaches such as Inspire® Upper Airway Stimulation therapy.

Insomnia Treatments

Treatments for insomnia depend on the underlying cause (e.g., psychological problems, medications, etc.). Once the underlying cause is addressed, the insomnia may be taken care of as well. Also, your doctor may prescribe sedative-hypnotic medications to help you fall or stay asleep. These include zolpidem (Ambien), eszopiclone (Lunesta) and furazepam (Dalmane), among others. Over-the-counter sleep aids may also be used to help raise melatonin levels, as well as prescription medications like ramelteon (Rozerem) and trazadone (Desyrel). Talk to your doctor about potential side effects of these medications before you decide to use them.

Night Terrors Treatments

Usually, children with night terrors do not require treatment. In rare cases, medications such as clonazepam can be used in the short term to reduce symptoms, and certain antidepressants might help if the disorder affects the child's school performance. Adults who have this disorder may also be prescribed these medications.

REM Sleep Behavior Disorder (RBD) Treatments

A variety of medications can be tried to treat RBD, and your doctor may have you try multiple ones to see what works best for you. Clonazepam is a drug that is highly effective in 90% of RBD patients. Meanwhile, people who have RBD should be mindful of their safety by removing potentially dangerous/sharp objects from the bedroom. You may also consider placing your mattress on the floor with cushions around your bed.





Restless Leg Syndrome Treatments

Treatments for restless leg syndrome (RLS) concentrate on relieving symptoms and restoring normal sleep patterns. In some cases, treating a related condition such as diabetes or peripheral neuropathy can control symptoms. Treatment options for mild RLS include managing lifestyle factors that may not completely eliminate symptoms but can provide relief. Among these are decreasing or eliminating caffeine, alcohol and cigarettes; using nutritional supplements such as iron, magnesium and folate; maintaining a regular sleep schedule; getting moderate exercise; taking hot baths; using heating pads and ice packs, and massage.

Medications can provide effective treatment options for some people with RLS. Another treatment called deep brain stimulation is currently being investigated as a surgical option; in this procedure, a neurostimulator delivers very small electrical impulses to areas of the brain that control movement.

Narcolepsy Treatments

Unfortunately, narcolepsy is a neurological disorder that does not improve if the patient gets more sleep. However, medications including central nervous system stimulants can manage symptoms and help patients stay awake during the day. Patients can also take certain antidepressants to suppress REM sleep, which helps control symptoms of cataplexy (physical collapse), hallucinations and sleep paralysis.



We're Designed to Help People Like You

AdventHealth understands the essential importance of a good night's rest for maintaining the health and wellness of your body, mind and spirit. Our multidisciplinary sleep medicine team includes board-certified neurologists and neurosurgeons, physicians accredited by the American Academy of Sleep Medicine, and head and neck surgeons (otolaryngologists) who offer many of the latest minimally invasive procedures to address sleep apnea.

The AdventHealth Orlando Center for Sleep Disorders is nationally accredited by the American Academy of Sleep Medicine and a destination for those seeking evaluation and treatment for common to complex medical issues related to abnormal sleeping patterns. And with multiple sleep study facilities across Central Florida and a reputation you trust as one of the largest and most respected hospital systems in the nation, you can count on us to efficiently diagnose and treat your sleep condition. So, if

you've been wondering what it's like to wake up refreshed and ready for your day ahead, don't stay in the dark any longer. We're ready with the whole-person care you deserve to obtain a lasting solution for sleep.

Let's Talk in Person

For more information, or for a physician referral, call our sleep medicine coordinator at 800-822-3891.

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.

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