

Common Sleep Disorders

1

INSOMNIA:

difficulty falling asleep
or staying asleep



2

SLEEP APNEA:

breathing becomes partially or
completely obstructed during sleep



3

SLEEP BRUXISM:

grinding of teeth involuntarily
during sleep



4. **RESTLESS LEG SYNDROME**

5. **NARCOLEPSY**

6. **CIRCADIAN RHYTHM
SLEEP DISORDERS**

Sleep Physiology In Man Common Sleep Disorders

Jicheng Xie



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