

## Common Sleep Disorders

At the Institute of Sleep Medicine we diagnose and treat all the major sleep disorders including:

### Sleep Apnea:

Loud snoring and breathing pauses at night may signal a serious medical condition called Obstructive Sleep Apnea / Hypopnea Syndrome. OSA, if left untreated, can lead to serious medical conditions like high blood pressure, diabetes and heart failure.

### Insomnia:

Insomnia can be triggered by stress, depression, illness, or medication. It can put you on a treadmill of worry and over time build anxiety and irritability. When you have sleeplessness that lasts longer than a month, it may be time to talk with your doctor.

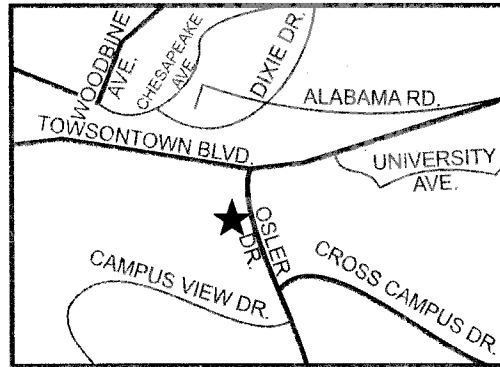
### Narcolepsy:

Narcolepsy is a neurological disorder of sleep regulation that affects the control of sleep and wakefulness. People with narcolepsy experience excessive daytime sleepiness and uncontrollable episodes of falling asleep during the daytime.

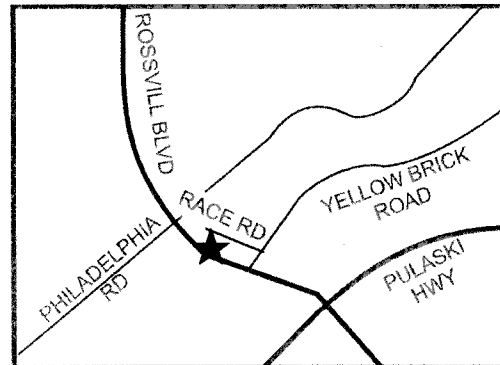
### Restless Leg Syndrome / Periodic leg movements:

Periodic leg movements in sleep are associated with a waking disorder called Restless Leg Syndrome (RLS). Involuntary leg twitching and jerking can disrupt your sleep, leaving you tired and sleepy during the day.

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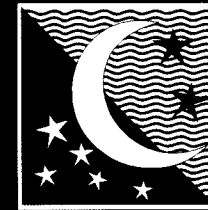


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"Affiliated with Better Sleep Labs"



# Institute of Sleep Medicine

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