

常见睡眠问题

Common Sleep Problems

Sleep problems involve having a hard time falling asleep, staying asleep or staying awake. Check (✓) if any of these statements apply to you:

- I often do not get enough sleep.
- I do not have restful sleep.
- I have trouble staying awake when I sit still, watch television or read.
- I fall asleep or feel very tired while driving.
- I have problems concentrating at home, work or school.
- I have had problems doing my work at my job or school.
- I am often told by others that I look tired.
- I have trouble controlling my emotions.
- I feel like I am slow to react or respond.
- I feel like I have to take a nap almost every day.

If you checked any of the statements, you may have a sleep problem.

Causes of Sleep Problems

Sleep problems can happen for many reasons, but some of the more common causes are:

- Changes to your sleep-wake cycle, such as working night shift when you usually sleep
- Not getting enough sleep to feel rested and alert through the day
- Health problems such as asthma, heart failure, or pain and certain medicines
- Alcohol, caffeine or nicotine use
- Sleep disorders

睡眠问题是指难以入睡、嗜睡或无法入睡。查看(✓)这些陈述是否适用于您:

- 我通常睡眠不足。
- 我没有安稳的睡眠。
- 我在坐着、看电视或阅读时很难保持清醒。
- 我在开车时容易犯困或感到很累。
- 我在家里、工作或上学时很难集中精神。
- 我难以正常工作或学习。
- 经常有人跟我说，我看起来很疲惫。
- 我很难控制我的情绪。
- 我感觉我反应很迟钝。
- 我觉得我几乎每天都要睡午觉。

如果您符合这些陈述中的任何一项，您可能存在睡眠问题。

睡眠问题原因

导致睡眠问题的原因有多种，其中一些较为常见的有:

- 改变醒睡周期，例如在平时的睡眠时间值夜班
- 没有获得充足睡眠而感觉休息不足，未能在白天一直保持清醒
- 健康问题，例如哮喘、心力衰竭或疼痛及某些药品
- 摄入酒精、咖啡因或尼古丁
- 睡眠障碍

Common Types of Sleep Disorders

Insomnia

Insomnia includes any problem with falling asleep, staying asleep or waking up too early in the morning. Factors that may cause insomnia include:

- Illness
- Feeling sad
- Stress
- Caffeine
- Alcohol or drugs
- Certain medicines
- Heavy smoking
- Poor sleep habits such as:
 - Daytime napping
 - Sleeping in a place with a lot of noise or light
 - Going to bed early
 - Spending too much time in bed awake

Make changes to the factors that may be causing your insomnia if possible. Have a regular bedtime routine. Limit caffeine, alcohol and smoking.

Talk to your doctor if you have a hard time sleeping more than 3 nights a week for a month.

常见的睡眠障碍类型

失眠

失眠包括难以入睡、嗜睡或早晨醒来过早。可能导致失眠的因素包括：

- 生病
- 忧伤
- 压力
- 咖啡因
- 酗酒或吸毒
- 服用某些药物
- 吸烟过度
- 不好的睡眠习惯，例如：
 - 白天睡觉
 - 睡眠处噪音大或光线强烈
 - 上床过早
 - 清醒状态下卧床时间太长。

如有可能，应改变可能导致失眠的因素。保持有规律的就寝时间。限制摄入咖啡因、饮酒以及吸烟。

如果连续一个月每周超过 3 个晚上睡眠有问题，请告知医生。

Sleep Apnea

Sleep apnea is when breathing stops at times during sleep. It most often happens because the muscles at the back of the throat relax and the tongue falls back during sleep, narrowing the airway. The length of time that breathing stops can vary from a few seconds to several minutes. During this time, the body does not get enough oxygen. Sleep apnea can occur many times each night. Untreated sleep apnea can lead to high blood pressure and a higher risk of stroke or heart attack.

See your doctor if your family notices loud snoring, choking or gasping sounds or lack of breathing during sleep. Other signs you may notice include falling asleep during the day and not feeling rested when you wake up in the morning. Treatment of sleep apnea involves keeping the airway open during sleep. This may include:

- Having a sleep study to check how your breathing changes during sleep
- Weight loss
- Avoiding alcohol
- Using a continuous positive airway pressure (CPAP) machine to open the airway during sleep

Narcolepsy

Narcolepsy is having a hard time staying awake during the day. A person with narcolepsy may suddenly fall asleep during an activity. Treatment involves taking medicine to help you stay awake during the daytime.

睡眠呼吸暂停症

睡眠呼吸暂停症是指在睡眠中，呼吸多次停止。发生这种情况的最常见原因是，在睡眠期间，喉咙后部的肌肉会放松，舌头向后倾斜，从而使得气道变窄。呼吸停止的持续时间短则数秒，长则超过一分钟。呼吸停止期间，身体无法获得足够的氧气。每晚睡眠呼吸停止可能多次发生。睡眠呼吸暂停症不治疗会导致高血压和更高的中风或心脏病风险。

如果家人注意到您睡觉时鼾声很大、窒息或喘气或呼吸不足，应去看医生。其它可能注意到的症状包括白天入睡和早晨醒来时感觉休息不足。治疗睡眠呼吸暂停症，要采取措施保持睡眠时的气道畅通。措施可包括：

- 做一次睡眠检查，以检查您的呼吸在睡眠期间是如何改变的
- 减肥
- 避免饮酒
- 睡眠时使用“连续正气压睡眠呼吸机” (CPAP)

猝睡症

猝睡症是指白天难以保持清醒。猝睡症患者可能突然入睡。治疗方法是服用药物来保持白天的清醒状态。

Restless Leg Syndrome

Restless leg syndrome is leg discomfort often felt at night. The discomfort may feel like a creeping, itching or crawling sensation which only gets better by moving the legs. Restless leg syndrome may cause insomnia and daytime sleepiness.

Talk to your doctor about ways to manage the problem. You can also try reducing stress, taking warm baths, massage and stretching exercises to help your muscles relax. Medicine may be prescribed to help discomfort if sleep is greatly disturbed.

Night Terrors

Night terrors occur when a person wakes suddenly with screaming, confusion or panic. Night terrors are treated with medicines taken during the day.

Sleepwalking

Sleepwalking is any activity like walking that is done while a person is asleep. The person often does not remember the activity. It is not dangerous to wake a sleep walker, but injuries can occur during sleepwalking. Keep a sleepwalker safe from injury such as blocking the stairs with a gate and removing objects to prevent tripping. Talk to a doctor if there are safety concerns with sleepwalking or if it occurs often.

Talk to your doctor if you have signs of a sleep problem. Your doctor may talk to you about ways to manage your problem or order a sleep study. A sleep study is a 6 to 8 hour recording of your brain activity, heart rate, leg movements, oxygen levels and breathing while you sleep at night.

不宁腿综合症

不宁腿综合症是经常在夜晚发生的腿部不适。这种不适类似抽筋、发痒或虫爬感，只有活动腿部才能好转。不宁腿综合症可导致失眠和白天嗜睡。

请咨询医生如何控制不宁腿综合症。此外，可设法减少精神压力，洗热水澡，进行按摩和肢体伸展练习，以帮助放松肌肉。如果睡眠受到严重影响，可以通过服药来协助缓解不适。

夜惊

夜惊是指睡眠状态中的人突然醒来，发出尖叫、神智不清或恐慌不已。夜惊的治疗方法是在白天服用药物。

梦游

梦游是指人在睡眠状态下做其它事情，例如行走。梦游的人醒来后往往不记得自己做过的事情。叫醒梦游的人不会有危险。但是梦游的人在梦游过程中可能受伤。为了防止梦游的人受伤，可以采取一些措施，例如楼梯上安装门，以及清除地面物品，防止绊倒。如果因为担心梦游而发生安全问题，或经常梦游，请咨询医生的意见。

如有睡眠问题症状，请告诉医生。医生可能会介绍缓解问题的方法，或建议进行睡眠检查。睡眠检查是指记录夜间睡眠时的大脑活动情况、心律、腿部活动、氧气水平、呼吸情况，记录时间 6 至 8 小时。