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

निद्रासम्बन्धी समस्याका कारणहरू

निद्रासम्बन्धी समस्याहरू का अनेकौं कारण हुन सक्छन्, तर बढी सामान्य कारणहरूमध्ये केही हुनेगरी:

- निद्राउन-जाग्ये चक्रमा परिवर्तन, जस्तै रात्रिको शिफ्टमा काम गर्नु जब सामान्यतया तपाईं सोमय निद्राउनुहुन्छ
- पूरा दिन आराम पाउनुहोस्, र सेव सहूलिका गर्नु लागि पर्याप्त निद्रा नापाउनुहुन्छ
- स्वास्थ्यसम्बन्धी समस्याहरू जस्तै दम रोग, मुटुको बेद्ध, वा पीडा र केही ओष्ठहरू
- अल्कोहल, क्वाफेन र निकोटिनिको प्रयोग
- निद्रासम्बन्धी विकारहरू
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.

निद्रासम्बन्धी विकारका सामाय प्रकारहरू

अनिद्रा

निदाउँन, निदाउँसँग वा बिहान चाँडो जाग्रतमा कृपरापणि समस्था अनिद्रायामा सामेल छन्। अनिद्राका कारणहरूमा सामेल छन्:

- बिमारी हुन
- दुःखी महसुस हुन
- तनाव
- क्याफीन
- अल्कोहल वा लागू पदार्थ
- केही औषधीहरू
- अत्यधिक धूम्रपान
- खुराकमा नायक बानीहरूः
  - दिउँसो सुहुँ
  - अत्यधिक हल्लीखल्ली वा उज्ज्वलो ठाउँमा सुहुँ
  - चाँडो सुहुँ
  - खाद्यान्नामा अत्यधिक समय जागी बसेर विबद्ध गर्नु

सम्भव भए तपाईलाई अनिद्रा गराउने कारकहरूमा परिवर्तन गर्नुहोस्। सुबहका लागि नियमित समय निर्धारित गन्ती गर्नुहोस् व्याफेन, अल्कोहल र धूम्रपान कम्ही गन्ती गर्नुहोस्।

तपाईलाई महिनामा एक सातामित्र ३ रात्रिहरू बढी निदाउँनमा गाडो हुँदै भने आफ्ना डक्टरसँग कुरा गन्ती गर्नुहोस्।
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.

स्लिप एपनियरा (निद्रामा निसासिनु)

निद्रामा बेलामा सास रोकीनुलाई स्लिप एपनियरा भनिन्छ। प्रायः निद्रामा दौरान गलाको पछाडिपट्टिको हिस्साको मासपेशीहरू शिथिल हुन्छ र जिब्रो पछाडिपट्टि सछ, यस्रो श्रासमार्ग सांघुरो हुन्छ यस्तो हुन्छ। श्रास रोकने समयावधि केही क्षणहरु देखि केही क्षणसम्म हुन सक्छ। यस्तो बेलामा शरीरले पर्याप्त अक्षिजन पाउँदै। स्लिप एपनियरा एक रात्री अनेकौँपटक हुन सक्छ। स्लिप एपनियराको उपचार गरिएन भने यसले उच्च रक्तचराहुन सक्छ र स्ट्रेस वा हुद्याघाटको उच्च जोखिम हुन सक्छ।

तपाईंको परिवारले निद्रामा गा तपाईंको समय चर्को घुराई, गला दबिएको र सास फेरि गाउँ भएको अवाज र निद्रामा लाईको अवाज सुन्छ भने आफ्नो डक्टरबी गए जैचाउँ। तपाईं देखि अन्य लक्षणहरू दिउसोको समयभर निद्रामा उपचार गरिएको र निद्रामा निद्रामा निद्रामा उपचार गरिएको महसूस नहुन सामेल छ। स्लिप एपनियराको उपचार गर्दै निद्रामा बेलामा श्रासमार्गलाई खुल्ला राख्न सामेल हुन्छ। यसमा सामेल हुन सक्छन:

- निद्रामा बेलामा तपाईंको सास फेराइमा कसरी परिवर्तन हुन्छ भने पत्तो लगाउन निद्रा अध्ययन गराउनु
- वजन कमस्तर गर्नु
- अल्कोहल सेवन नगर्नु
- निद्रामा बेलामा श्रासमार्ग खुल्ला राख्न कृतिन्युस पोजेटिब्र एयरवे प्रेसर (CPAP) मशीनको प्रयोग

नाकोलेप्सी

नाकोलेप्सीको अर्थ दिउसोको समयभर जाग्नी बस्न गाभो हुन नो। नाकोलेप्सी भएको व्यक्ति काम गदाइदै अचानक निद्रामा सक्छ। उपचारमा दिउसोको समयभर तपाईंलाई जागै बस्न मद्दतको लागि औषधीहरूको सेवन सामेल छ।
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.

© 2008 - August 20, 2020, Health Information Translations.

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children’s Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.