

The Jehangir Nidra Care Centre is well-equipped in the diagnostics as well as holistic prognoses of several sleep conditions. With precise tests, such as genetic blood testing, polysomnography, and electroencephalogram, the expert staff at the centre determine the best course of treatment for all your sleep disorders, and help eliminate those conditions.



To ensure you regain the best quality of sleep, visit the Nidra Care Centre and talk to our experts.

**Sleep disorder** can affect your work and personal life.

Get checked today at **Nidra Care Centre**



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Have you ever woken up in the middle of the night and had trouble going back to sleep?



Do you wake up in the morning with a feeling of not having slept at all?



Despite sleeping well, have you ever felt tired and fatigued throughout the day?



Has a family member or spouse ever complained about you exhibiting strange behaviour during sleep?

If your answer to any of the above questions is yes, then you might be suffering from a sleep disorder.

While fitful and disturbed sleep could be caused by fatigue and stress, these could also be symptoms of sleep disorders. But did you know that common sleep disorders, while in themselves being a matter of concern, could also indicate towards more serious health conditions like cardiovascular and respiratory issues?

The Jehangir Nidra Care Centre is an exclusive department devoted entirely to the treatment and therapy for various sleep disorders.

## What are sleep disorders?

Sleep disorders—also known as somniphobia—are medical disorders pertaining to our sleep patterns, and are serious enough to interfere with normal physical, mental, and emotional functioning. Conditions, such as excessive snoring, insomnia, dyssomnia, parasomnia, sleep apnea, narcolepsy, and circadian rhythm sleep disorders affect many people and lead to several other serious health conditions.

The following are some common sleep disorders that could be robbing you of quality sleep:

### 1 Insomnia

Chronic insomnia, one of the most common sleep disorders, is a condition wherein a person finds it difficult to fall asleep or go back to sleep once they wake up in the middle of the night. The quality of sleep also deteriorates, causing several symptoms that include fatigue, excessive daytime sleepiness, difficulty in concentration, mood and behaviour disturbances, and sometimes, even depression.

### 2 Sleep Apnea

It is a sleep disorder where the breathing is briefly interrupted in sleep. The three forms of sleep apnea include obstructive, central, and complex sleep apnea. Varying degrees of grave symptoms include loud and chronic snoring every night; choking, snorting, gasping for breath in sleep; breathing in snatches; waking up with shortness of breath and with a dry mouth or sore throat; and fitful sleep among others.

### 3 Restless Leg Syndrome (RLS)

RLS is a neurological disorder wherein the person feels an overwhelming need to move their legs in a state of sleep. The symptoms include sensations, such as creeping, pulling, itching, aching, burning, and throbbing – with the only relief being temporary movement or massaging of legs.

### 4 Narcolepsy

This is a neurological disorder in which the brain is unable to control its wakefulness/sleep cycle. The symptoms of this condition include chronic daytime sleepiness and episodes—called ‘sleep attacks’—in which they fall asleep unexpectedly during the day.

### 5 Sleep Paralysis

The condition causes an inability to move or speak while one is falling asleep or beginning to wake up. The sufferer is consciously aware of their surroundings during the sleep paralysis, but unable to move since the body still is in REM sleep.

### 6 Parasomnias

These are a class of disorders that cause abnormal movements and behaviours during sleep. Parasomnic conditions include talking in sleep, sleepwalking, groaning, nightmares, bed-wetting, and jaw grinding.

All these sleep disorders could point to underlying problems with your neurological system, cardiovascular health, or even psychological problems, such as depression. This is why it is extremely important to treat them.