

Top 4 Most Common Sleep Problems



1

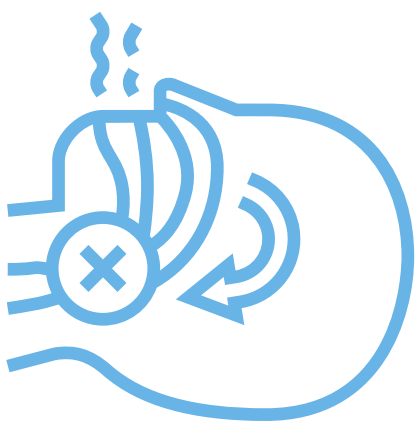


Insomnia

If it takes you longer than 30 minutes to fall asleep or you are awake for long periods of time at night, then you have insomnia.

30% of adults experience insomnia, with 10% having the long lasting type.

2

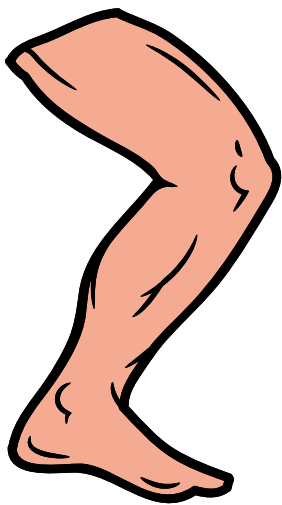


Sleep Apnea

Sleep apnea is when your breathing repeatedly stops and starts at night because of a blockage in your airway.

Being overweight can be one of the causes of sleep apnea.

3



Restless Leg Syndrome

You need to move your legs when you are sitting or lying down and you can't ignore the urge.

It usually runs in families and can be treated with lifestyle changes.

4



Circadian Rhythm Disorder

Your internal body clock can get out of rhythm with your surroundings.

You may be sleepy at the wrong times and have poor memory. Jet lag is a form of circadian rhythm disorder.