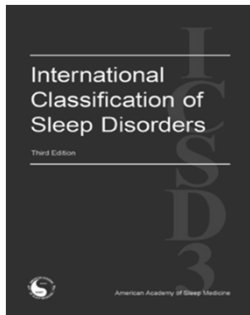


**SIGNS AND SYMPTOMS OF SLEEP DISORDERS
OTHER THAN INSOMNIA**





INTRINSIC SLEEP DISORDERS




Sleep Disordered Breathing (SDB)
Sleep apnea (Hypopnea, CSA, OSA)
Snoring
Upper airway resistance syndrome

Restless legs syndrome / Periodic limb movement disorder
Hypersomnia

Circadian rhythm sleep disorders
Delayed sleep phase syndrome
Advanced sleep phase syndrome
Non-24-hour sleep-wake syndrome
Jet Lag


Parasomnias
REM sleep Behaviour disorder
Sleep terror
Sleepwalking
Bruxism
Bedwetting
Sleep talking
Sleep sex
Exploding head syndrome

Narcolepsy
Sleeping sickness
Fatal Familial Insomnia



Sleep Disordered Breathing (SDB)
Restless Legs Syndrome / Periodic Limb Movement Disorder
Narcolepsy
Delayed Sleep Phase Syndrome
Advanced Sleep Phase Syndrome
Fatal Familial Insomnia

**IN THE CONTEXT OF INSOMNIA
 WHY ASSESS THESE ?**



- THEY MAY ENTIRELY ACCOUNT FOR THE COMPLAINT OF INSOMNIA (MAYBE – MAYBE NOT)
- THESE DISORDERS OFTEN CO-OCCUR WITH INSOMNIA
- THEY MAY CONTRAINDICATE THE TX OF INSOMNIA
- THEY MAY COMPLICATE THE TX OF INSOMNIA

OUTLINE

- I. Introduction
 - a. Why?
 - b. Why not?
- II. Reasons to Care
 - a. Study
 - b. Says who?
- III. What happens if you don't care?
 - a. We'll check your salary
 - b. Other bad things
- IV. Conclusion
 - a. Now that you care
 - b. Now that you don't

SLEEP DX COMPLAINTS – THE DUO
CONDITIONS RELATED TO INSOMNIA
DRUGS AND IATROGENIC INSOMNIA
INTRINSIC SLEEP DISORDERS (ABRIDGED)
ASSESSMENT OF SLEEP DISORDERS

SLEEP DISTURBANCE COMPLAINTS

BE SURE TO DISTINGUISH
BETWEEN
THE COMPLAINT OF
FATIGUE



THE COMPLAINT OF
SLEEPINESS



Q: WHAT IS THE DIFFERENCE ?

THE COMPLAINT OF
FATIGUE



PHYSICAL
WEARINESS

MENTAL
WEARINESS

PERFORMANCE
CONTINUES
OR
IS SLOWED

SLEEP
IS UNLIKELY

THE COMPLAINT OF
SLEEPINESS

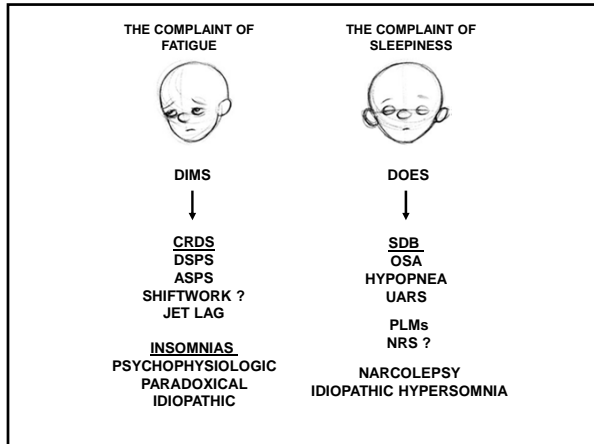


PHYSICAL
WEARINESS

MENTAL
WEARINESS

PERFORMANCE
IS SLOWED
OR
STOPS

SLEEP
IS LIKELY




**CONDITIONS RELATED TO
INSOMNIA & EDS**

MEDICATION SIDE EFFECTS





GERD


SUBSTANCE ABUSE
 PSYCHIATRIC ILLNESS
 HYPERTENSION
 ENDOCRINE ABNORMALITIES
 RHEUMATOLOGIC DISEASE
 RENAL DISEASE
 LUNG DISEASE
 HEART DISEASE
 NEUROLOGICAL DISEASE
 INTRINSIC SLEEP DXs

**NOTE – THE “CHICKEN OR THE EGG” ISSUE APPLIES
TO ALL OF THE AFOREMENTIONED COMORBID
CONDITIONS**



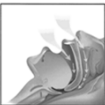
**DISTINGUISHING BETWEEN
INTRINSIC DXs**




SLEEP APNEA
SIGNS AND SYMPTOMS

- EXCESSIVE DAYTIME SLEEPINESS
- WITNESSED OR REPORTED SNORING
- WITNESSED APNEAS
- MORNING HEADACHE & DRY MOUTH
- NIGHT SWEATS
- MORBID OBESITY
- RETRONAGTHIA
- NARROWED AIRWAY



**THE COMPLAINT OF
SLEEPINESS**

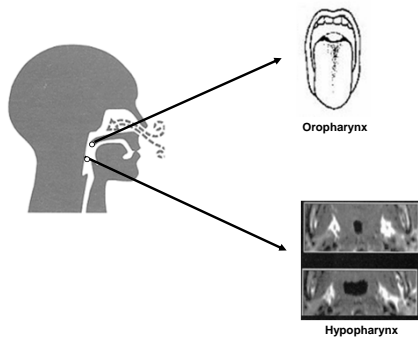


**THE HIGH PROBABILITY OF (AND HISTORY OF)
FALLING ASLEEP
AT INAPPROPRIATE TIMES AND PLACES**

MALLAMPATI CLASSIFICATION



UPPER AIRWAY OCCLUSION





PERIODIC LEG MOVEMENTS SIGNS AND SYMPTOMS


- RESTLESS LEGS SYNDROME (P)
- EXCESSIVE DAYTIME SLEEPINESS
- WITNESSED TWITCHING
- COMPLAINT OF SHALLOW SLEEP
- COMPLAINT OF INSOMNIA

PLMS - WHAT THEY SAY
PLMS - WHAT IT IS

PLMS ON PSG

NARCOLEPSY
SIGNS AND SYMPTOMS

- EXCESSIVE DAYTIME SLEEPINESS
- HYPNOPOMPIC/HYPNOGOGIC HALLUCINATIONS
- SLEEP ATTACKS (REM SLEEP)
- CATAPLEXY
- SLEEP PARALYSIS
- COMPLAINT OF INSOMNIA




NARCOLEPSY

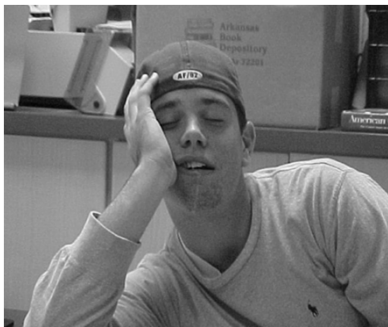


PHASE DELAY SYNDROME

SIGNS AND SYMPTOMS



- COMPLAINT OF SLEEP ONSET INSOMNIA
- DISCREPANT SLEEP SCHEDULES
- NORMAL SLEEP WHEN SCHEDULE IS AD LIBITUM
- AGE 



ASSESSMENT



ONCE YOU KNOW WHAT TO LOOK FOR -- HOW DO YOU LOOK FOR IT ?



SLEEP HISTORY
PCP VERSION



**B
E
A
R
S**

SLEEP HISTORY

PCP VERSION



- B** "Do you have difficulty falling asleep?" (BEDTIME)
- E** "Do you ever fall asleep during the day?" (EDS)
- A** "Do you awaken frequently or for long periods (AWAKE)"
- R** "What time do you go to bed? Get up?" (REGULARITY)
- S** "Have you noticed/anyone said you snore?" (SNORE)

SLEEP HISTORY QUESTIONNAIRE VERSION

ANNOTATED - 1014-CL-25

Subject ID# _____	DATE _____	0	1	2	3	4
		NEVER	RARELY	SOMETIMES	FREQUENTLY	ALWAYS
1. It Takes Me 30 Or More Minutes To Fall Asleep						●
2. I Wake Up For 30 Or More Minutes During The Night						●
3. I Wake Up For 15 Or More Minutes Prior To My Alarm						●
4. I Have To Go To Bed Early (Before 10pm) And Wake Up Early (Before 6am)		●				
5. I Have To Go To Bed Late (After 11pm) And Wake Up Late (After 7am)		●				
6. I Am Prone To Fall Asleep At Inappropriate Times Or Places			●			
7. I Wake Up With Headaches In The Morning		●				
8. I Wake Up With A Dry Mouth In The Morning (Within Hours)		●				
9. I Snore		●				
10. My Snoring Is So Loud, That My Bedpartner Complains			●			
11. I Wake Up Choking Or Gasping For Air		●				
12. My Bedpartner Has Noticed That I Stop Or Stop Breathing		●				
13. I Get Uncomfortable Sensations In My Legs		●				
14. In The Evening My Legs Feel "Restless"		●				
15. I Have Felt That I Have To Get Up And Walk Around		●				
16. I Have Been Told That I Am A Restless Sleeper				●		
17. My Bedpartner Complains That I Move Around A Lot At Night		●				
18. When Asleep I Feel As If I Am Being Pushed Or Pulled Around		●				
19. When I Am Falling Asleep, I Experience Sorey Dreams Like Images		●				
20. When I Am First Awakening, I Experience Sorey Dreams Like Images		●				
21. When I Am First Awakening, I Feel Like I Can't Move		●				
22. I Have Nightmares, Particularly In The First 1/2 Of The Night		●				
23. I Have Nightmares, Particularly In The Last 1/2 Of The Night			●			
24. For The Reason I Am Awake (Insomnia, Depression, Alcohol, Medication)		●				
25. I Have Been Told That I Talk, Walk, Eat, And Urinate Or Defecate While Asleeping		●				

ANNOTATED - 1015-CL-25

Subject ID# _____	DATE _____	0	1	2	3	4
		NEVER	RARELY	SOMETIMES	FREQUENTLY	ALWAYS
1. It Takes Me 30 Or More Minutes To Fall Asleep						●
2. I Wake Up For 30 Or More Minutes During The Night						●
3. I Wake Up For 15 Or More Minutes Prior To My Alarm						●
4. I Have To Go To Bed Early (Before 10pm) And Wake Up Early (Before 6am)		●				
5. I Have To Go To Bed Late (After 11pm) And Wake Up Late (After 7am)		●				
6. I Am Prone To Fall Asleep At Inappropriate Times Or Places			●			
7. I Wake Up With Headaches In The Morning		●				
8. I Wake Up With A Dry Mouth In The Morning (Within Hours)		●				
9. I Snore		●				
10. My Snoring Is So Loud, That My Bedpartner Complains			●			
11. I Wake Up Choking Or Gasping For Air		●				
12. My Bedpartner Has Noticed That I Stop Or Stop Breathing		●				
13. I Get Uncomfortable Sensations In My Legs		●				
14. In The Evening My Legs Feel "Restless"		●				
15. I Have Felt That I Have To Get Up And Walk Around		●				
16. I Have Been Told That I Am A Restless Sleeper				●		
17. My Bedpartner Complains That I Move Around A Lot At Night		●				
18. When Asleep I Feel As If I Am Being Pushed Or Pulled Around		●				
19. When I Am Falling Asleep, I Experience Sorey Dreams Like Images		●				
20. When I Am First Awakening, I Experience Sorey Dreams Like Images		●				
21. When I Am First Awakening, I Feel Like I Can't Move		●				
22. I Have Nightmares, Particularly In The First 1/2 Of The Night		●				
23. I Have Nightmares, Particularly In The Last 1/2 Of The Night			●			
24. For The Reason I Am Awake (Insomnia, Depression, Alcohol, Medication)		●				
25. I Have Been Told That I Talk, Walk, Eat, And Urinate Or Defecate While Asleeping		●				

ASSESSMENT

Beyond Signs and Symptoms

SLEEP DIARIES

ACTIGRAPHY

IN-HOME APNEA MONITORS

IN-LAB POLYSOMNOGRAPHY

SDB (OSA / CSA / HYPOPNEA / UARS)

PLMS

NARCOLEPSY

SLEEPINESS (VIA MSLT)

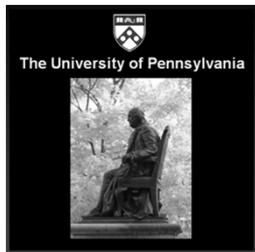
SLEEP EEG ABNORMALITIES

(alpha sleep, nocturnal seizures, absent phasic events)

CARDIAC ABNORMALITIES

QUESTIONS





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