

## Other sleep disorders

### Obstructive Sleep Apnoea - OSA

OSA is the abbreviation of 'Obstructive Sleep Apnoea' (or Apnea in some literature). Apnoea is derived from the Greek word APNOIA meaning an absence of breathing. OSA does exactly what it says on the tin - it is an absence of breathing caused by an obstruction when you are asleep. These obstructions can occur more than 100 times per hour in severe cases, and untreated OSA is associated with daytime sleepiness, several long-term cardiovascular conditions, diabetes, other chronic conditions, and a significantly increased risk of being involved in a road traffic accident. [www.homesleeptest.co.uk/clinical](http://www.homesleeptest.co.uk/clinical)

### Periodic Limb Movement Disorder – PLMD

Periodic limb movement disorder, referred to as PLMD, is a sleep disorder that affects approximately 6% the population. People with PLMD experience repetitive jerking, cramping, or twitching of their lower limbs during sleep. These are known as periodic limb movements (PLMs) and happen every 5 to 90 seconds for up to an hour. The movements disrupt the person's sleep — even if they don't wake up — and cause daytime sleepiness and fatigue as a result.

### Narcolepsy

Narcolepsy is a rare long-term brain condition that causes a person to suddenly fall asleep at inappropriate times.

The brain is unable to regulate sleeping and waking patterns normally, which can result in:

- excessive daytime sleepiness – feeling very drowsy throughout the day and finding it difficult to concentrate and stay awake
- sleep attacks – falling asleep suddenly and without warning
- cataplexy – temporary loss of muscle control resulting in weakness and possible collapse, often in response to emotions such as laughter and anger
- sleep paralysis – a temporary inability to move or speak when waking up or falling asleep
- excessive dreaming and waking in the night – dreams often come as you fall asleep (hypnogogic hallucinations) or just before or during waking (hypnopompic hallucinations)