

Common Sleep Problems

Sleep problems involve having a hard time falling asleep, staying asleep or staying awake. The most common sleep problems are listed below.

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. Talk to your doctor if you have a hard time sleeping more than 3 nights a week for a month. Have a regular bedtime routine. Limit caffeine, alcohol and smoking.

常见睡眠问题

睡眠问题是指难以入睡、嗜睡或无法入睡。下面是最常见的睡眠问题。

失眠

失眠包括难以入睡、嗜睡或早晨醒来过早。可导致失眠的因素包括：

- 生病
- 忧伤
- 压力
- 咖啡因
- 酗酒或吸毒
- 服用某些药物
- 吸烟过度
- 睡眠习惯不好，例如：
 - ▶ 白天睡觉
 - ▶ 睡眠处噪音大或光线强烈
 - ▶ 上床过早
 - ▶ 清醒状态下卧床时间太长。

如果有可能，应改变可能导致失眠的因素。如果连续一个月每周超过 3 个晚上睡眠有问题，要告诉医生。每天应准时上床起床。减少摄入咖啡因、饮酒、吸烟。

Sleep Apnea

Sleep apnea is when breathing stops at times during sleep. The length of time that breathing stops can vary from a few seconds to over a minute. During this time, the body does not get enough oxygen. Sleep apnea can occur many times each night. See your doctor if your family notices loud snoring 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 involves keeping the airway open during sleep. This may include:

- More tests
- 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.

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. See your doctor if you have these signs.

睡眠呼吸暂止症

睡眠呼吸暂止症是指在睡眠中，呼吸多次停止。呼吸停止的持续时间短则数秒，长则超过一分钟。呼吸停止期间，身体无法获得足够的氧。每晚睡眠呼吸停止可能多次发生。如果家人注意到您睡觉时鼾声很大或呼吸不足，要去看医生。其它可能注意到的症状包括白天入睡和早晨醒来时感觉休息不足。治疗睡眠呼吸暂止症，要采取措施保持睡眠时的呼吸道畅通。措施可包括：

- 增加休息
- 降低体重
- 避免饮酒
- 睡眠时使用“连续正气压睡眠呼吸机”（CPAP）

猝睡症

猝睡症是指白天难以保持清醒。猝睡症患者可能突然入睡。治疗方法是服用药物来保持白天的清醒状态。

夜惊

夜惊是指睡眠状态中的人突然醒来，发出尖叫、神智不清或恐慌不已。夜惊的治疗方法是在白天服用药物。如果有这些症状，要去看医生。

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.

Restless Leg Syndrome

Restless leg syndrome is leg discomfort often felt at night. The discomfort may feel like a creeping sensation, which only gets better by moving the legs. Restless leg syndrome may cause insomnia and daytime sleepiness. There is no known cause or cure for restless leg syndrome. 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.

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.

梦游

梦游是指人在睡眠状态下做其它事情，例如行走。梦游的人醒来后往往不记得自己做过的事情。叫醒梦游的人不会有危险。但是梦游的人在梦游过程中可能受伤。为了防止梦游的人受伤，可以采取一些措施，例如楼梯上安装门，以及清除地面物品，防止绊倒。如果因为担心梦游而发生安全问题，或经常梦游，请咨询医生的意见。

不宁腿症候群

不宁腿症候群是经常在夜晚发生的腿部不适。这种不适类似抽筋，祇有活动腿部才能好转。不宁腿症候群可导致睡眠障碍和白天嗜睡。关于不宁腿症候群，目前病因不明，也无法治疗。请咨询医生如何控制不宁腿症候群。此外，可设法减少精神压力，洗热水澡，按摩和肢体伸展练习，以协助放松肌肉。如果睡眠受到极大的干扰，可以通过服药来协助缓解不适。

如果有睡眠问题的症状，请告诉医生。医生可能会介绍如何缓解问题或建议进行睡眠检查。睡眠检查是指记录夜间睡眠时的大脑活动情况、心律、腿部活动、氧气水平、呼吸情况，记录时间 6 至 8 小时。

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