

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.

常見睡眠問題

睡眠問題是指難以入睡、嗜睡或無法入睡。下面是最常見的睡眠問題。

失眠

失眠包括難以入睡、嗜睡或早晨醒來過早。可導致失眠的因素包括：

- 生病
- 憂傷
- 壓力
- 咖啡因
- 酗酒或吸毒
- 服用某些藥物
- 吸菸過度
- 睡眠習慣不好，例如：
 - ▶ 白天睡覺
 - ▶ 睡眠處噪音大或光線強烈
 - ▶ 上床過早
 - ▶ 清醒狀態下臥床時間太長。

如果有可能，應改變可能導致失眠的因素。如果連續一個月每週超過 3 個晚上睡眠有問題，要告訴醫生。每天應準時上床起床。減少攝入咖啡因、飲酒、吸菸。

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.

睡眠呼吸暫止症

睡眠呼吸暫止症是指在睡眠中，呼吸多次停止。呼吸停止的持續時間短則數秒，長則超過一分鐘。呼吸停止期間，身體無法獲得足夠的氧。每晚睡眠呼吸停止可能多次發生。如果家人注意到您睡覺時鼾聲很大或呼吸不足，要去看醫生。其他可能注意到的症狀包括，白天入睡和早晨醒來時感覺休息不足。治療睡眠呼吸暫止症，要採取措施保持睡眠時的呼吸道暢通。措施可包括：

- 增加休息
- 降低體重
- 避免飲酒
- 睡眠時使用「連續正氣壓睡眠呼吸機」（CPAP）

猝睡症

猝睡症是指白天難以保持清醒。猝睡症患者可能突然入睡。治療方法是服用藥物來保持白天的清醒狀態。

夜驚

夜驚是指睡眠狀態中的人突然醒來，發出尖叫、神智不清或恐慌不已。夜驚的治療方法是在白天服用藥物。如果有這些症狀，要去看醫生。

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.

夢遊

夢遊是指人在睡眠狀態下做其他事情，例如行走。夢遊的人醒來後往往不記得自己做過的事情。叫醒夢遊的人不會有危險。但是夢遊的人在夢遊過程中可能受傷。爲了防止夢遊的人受傷，可以採取一些措施，例如樓梯上安裝門，以及清除地面物品，防止絆倒。如果因爲擔心夢遊而發生安全問題，或經常夢遊，請諮詢醫生的意見。

不寧腿症候群

不寧腿症候群是經常在夜晚發生的腿部不適。這種不適類似抽筋，祇有活動腿部才能好轉。不寧腿症候群可導致睡眠障礙和白天嗜睡。關於不寧腿症候群，目前病因不明，也無法治療。請諮詢醫生如何控制不寧腿症候群。此外，可設法減少精神壓力，洗熱水澡，按摩和肢體伸展練習，以協助放鬆肌肉。如果睡眠受到極大的干擾，可以透過服藥來協助緩解不適。

如果有睡眠問題的症狀，請告訴醫生。醫生可能會介紹如何緩解問題或建議進行睡眠檢查。睡眠檢查是指記錄夜間睡眠時的大腦活動情況、心律、腿部活動、氧氣水平、呼吸情況，記錄時間 6 至 8 小時。

2/2008. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Common Sleep Problems. Traditional Chinese