

Annex A — Types of Sleep Disorders

- Parasomnia — includes night terrors, walking around while sleeping, teeth grinding, talking during sleep and more. Its prevalence declines with age and most symptoms reported in healthy children often disappear in adolescence. Therefore, they are considered a transient phenomenon and not necessarily a medical condition.
- Hypersomnia or excessive sleepiness — mainly expressed in excessive daytime sleepiness despite adequate sleep duration. Hypersomnia in children can be caused by a sleep-disordered breathing syndrome or narcolepsy which is a neurological disorder that affects the sleep cycle.
- Sleep-related breathing disorders can be caused by mechanical obstruction of the airway which happens in most children mainly due to polyps or adenoids. Pauses in breathing and decreasing blood oxygen level due to the obstruction lead to awakenings that can degrade sleep quality (obstructive sleep apnea). Another condition of respiratory disorder originates from a neurological/brain problem (central sleep apnea). In children and infants this condition can be caused by a congenital disorder.
- Circadian rhythm (biological clock) disorders — inability to sleep during the desired sleep time. The disorder involves the timing of sleep and not the quality of sleep itself. For biological reasons, the disorder is common during adolescence and has been reported to be approximately 7% to 16% in adolescents. It should be noted that there may also be changes and disturbances in timing and duration of sleep due to social and behavioral factors.
- Insomnia — difficulty falling asleep or staying asleep. Childhood behavioral insomnia is common in children up to age 5 and is usually associated with a disorder in acquiring good sleep habits. Psychophysiological insomnia is associated with genetic disorders, medical or psychiatric conditions and is characteristic for adolescents and adults. In adolescence, insomnia was found in up to 11% and in addition up to 35% of teens reported multiple insomnia nights per month.
- Movement disorders are manifested in abnormal movements that occur before and/or during sleep (sleep-related movement disorders). Restless legs syndrome (RLS) is a disorder with a hereditary background. Periodic limb movement disorder (PLMD) occurs during sleep and is characterized by moving a limb or part of it involuntarily, which can cause multiple sleep interruptions and awakenings that affect sleep continuity and quality.

It should be noted that patterns of sleep disorders and their prevalence in children and adolescents as well as the causes, criteria for diagnosis, disorder expression, and treatment requirements may differ from those of adults.

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