# SLEEPYMESS

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# Common Sleep Disorders

Common sleep disorders like insomnia, restless legs syndrome, narcolepsy and sleep apnea can affect every aspect of your life including your safety, relationships, school and work performance, thinking, mental health, weight and the development of diabetes and heart disease. Not getting enough quality sleep can hurt your quality of life.

## OVERVIEW

### What are sleep disorders?

Sleep disorders are conditions that impair your sleep or prevent you from getting restful sleep and, as a result, can cause daytime sleepiness and other symptoms. Everyone can experience problems with sleep from time to time. However, you might have a sleep disorder if:

* You regularly experience difficulty sleeping.
* You are often tired during the day even though you slept for at least seven hours the night before.
* You have a reduced or impaired ability to perform regular daytime activities.

There are more than 100 million Americans of all ages who are not getting an adequate amount of sleep. Sleep is very important. Not getting enough sleep can have untoward consequences on school and work performance, interpersonal relationships, health and safety.

### How many types of sleep disorders are there?

* Insomnia.
* Sleep apnea.
* Restless legs syndrome.
* Narcolepsy.

### How much sleep is necessary?

Experts generally recommend that adults sleep at least seven to nine hours per night, although some people require more and others require less. recent National Sleep Foundation Sleep in America poll found that adults (ages 18-54) sleep an average of 6.4 hours per night on weekdays and 7.7 hours on weekends. The poll showed a downward trend in sleep time over the past several years. People sleeping less hours tend to use the internet at night or bring work home from the office. Experts generally recommend that adults sleep at least seven to nine hours per night, although some people require more and others require less.

The National Sleep Foundation also reported that older adults (age 55-84) average seven hours of sleep on weekdays and 7.1 hours on weekends. Sleep is most often disturbed by the need to use the bathroom and physical pain or discomfort in older adults.

A downward trend in sleep time has also been observed in children. Optimal sleep time varies by age. An earlier Sleep in America poll found a discrepancy between recommended and actual sleep time in children, with actual sleep time 1.5 to two hours less than recommended. Caffeine consumption caused a loss of three to five hours of sleep and having a television in the bedroom contributed to a loss of two hours of sleep each week in children.

### What happens when a person doesn’t get enough sleep?

Not getting the proper amount or quality of sleep leads to more than just feeling tired. Sleepiness interferes with cognitive function, which can lead to learning disabilities in children, memory impairment in people of all ages, personality changes and [depression](https://my.clevelandclinic.org/health/articles/depression).

People who are deprived of sleep experience difficulty making decisions, irritability, have problems with performance, and slower reaction times, placing them at risk for automobile and work-related accidents. Sleep loss can also adversely affect life by contributing to the development of [obesity](https://my.clevelandclinic.org/health/articles/weight-management-and-obesity), [diabetes](https://my.clevelandclinic.org/health/articles/diabetes-basics) and heart disease.

### Who is more likely to have a sleep disorder?

Disorders associated with daytime sleepiness affect females more than males.

## More on sleep health

## About Our Website

We made SleepyMess to create awareness about sleep health. Good sleep improves your brain performance, mood, and health. Not getting enough quality sleep regularly raises the risk of many diseases and disorders , right now not many people know about sleep health, it's disorders and treatments and its very commonly neglected And That's why we chose this topic for our webD project. From not knowing HTML AND CSS ,We have surely come a long way by making the project We want Everyone to take care of themselves and sleep well.

### ADIOS!!!

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