

“Sleep Disorders Differ Among Men & Women”

By: Matt Griffin

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Studies show that women report more symptoms of daytime sleepiness, nighttime disturbances and difficulty sleeping while men report excessive daytime sleepiness, nighttime snoring and snorting.

The Penn Center for Sleep Disorders at the University of Pennsylvania Medical Center, Philadelphia reports that women with sleep apnea often go misdiagnosed with depression. The reason for this is sleep apnea is the most important type of sleep disorder to women, but not because they have the disorder. Women complained of sleep apnea because of environmental factors, which isn't directly related to the disorder itself.

First off, sleep disorders are arranged into a few categories. They're put into either just “*sleeping*,” “*under-sleeping*,” or “*over-sleeping*.” Sleep disorders like insomnia fall into the “*under-sleeping*” category. Ones like narcolepsy fall into the “*over-sleeping*” category. The “*sleeping*” category, however, is very complex because many internal and external factors play into the causes of “*sleeping*” disorders.

Researching sleep disorders is highly important. Scientists can figure out what internal and external factors cause the sleep disorders and properly diagnose them. Although internal factors are more likely to be tested and treated, external factors need more studying because they don't directly cause the sleep disorder. Furthermore, studying environmental factors of sleep disorders can lead to new treatment, not necessarily with medicine.

Under-sleeping is the leading cause of depression amongst the other two. This may be why women are misdiagnosed with depression in sleep disorder cases. These women's sleep is often disrupted, leading to less and less sleep. Not getting enough sleeping leaves the body irritable and distressed for many reasons.

Researchers say a special antioxidant called serotonin is an essential amino acid that the body transforms into melatonin, which helps the body fall asleep. Another way around this jam is

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simply to have intercourse. Intercourse allows the body to release endorphins, which make the body happy and less distressed. This can also help in falling asleep better.

Some people may get the right amount of sleep per day, but how long these intervals last is a major sign of a sleeping disorder. Many people suffer from restless leg syndrome where discomfort in the leg (or arm) muscles occur, sleepwalking where the body is supposed to be resting but it's not, as well as from snoring, nightmares, and many others. It has also been found that sleeping may disrupt other psychological and biological functions (Circadian Rhythm Disorder.)

Some people experience over-sleeping disorders such as narcolepsy. Narcolepsy is a sleep-attack. When the body is awake, it may experience sudden sleepiness at inappropriate times throughout the day. This can potentially be dangerous and can cause serious harm to be the body if not treated properly.

Simple techniques can easily resolve sleep disorders and environmental sleeping problems. Physical disturbances and psychological disturbances, such as stress and anxiety, are major causes of sleep deprivation. These sleeping problems can easily be treated with further research.

Some advisors have already taken steps to develop techniques on how to get a good night sleep. They recommend laughter and relaxation to calm the body and release hormones that make you happy over constant stressful thinking.

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