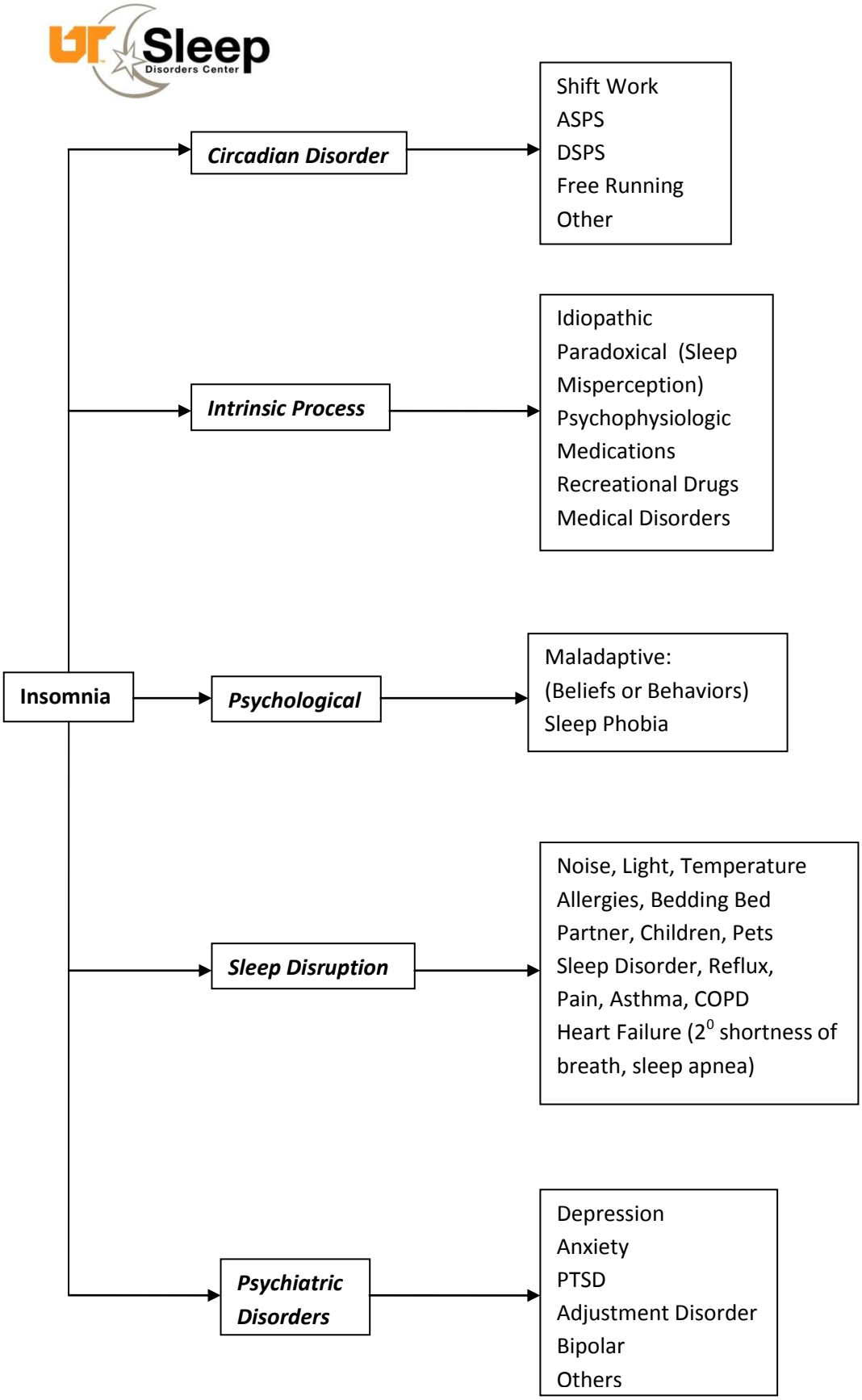
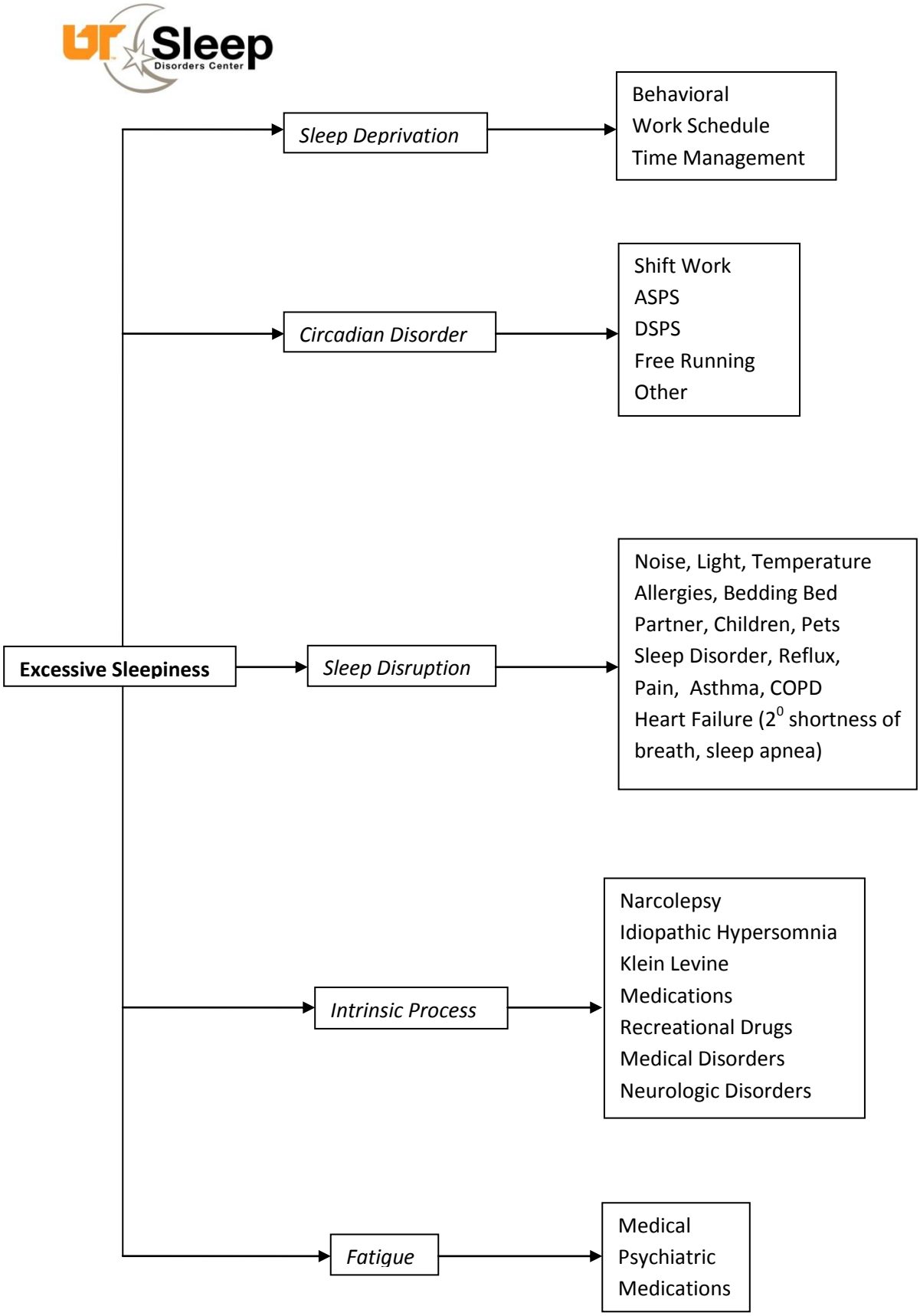
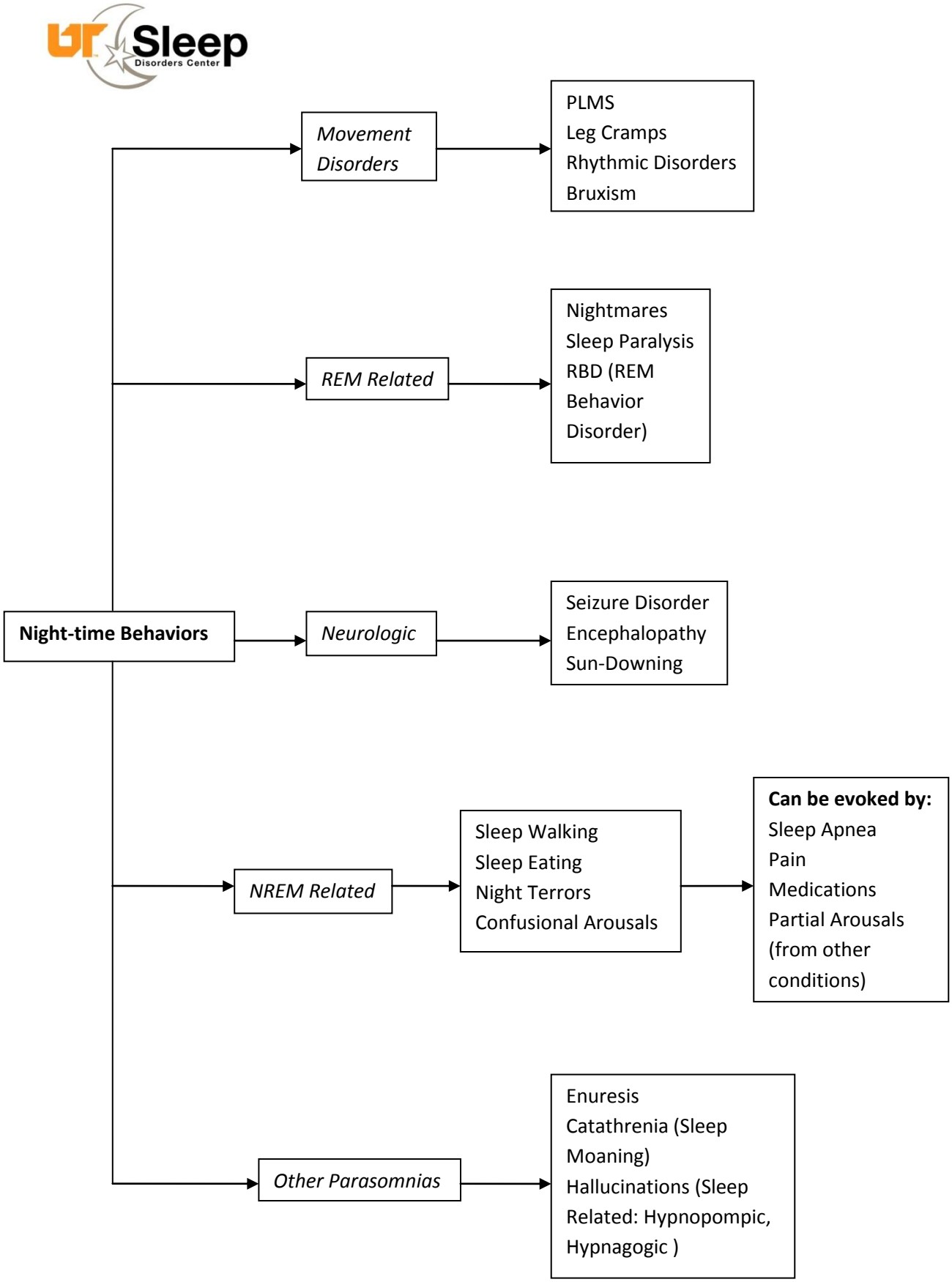

Insomnia
Circadian Disorder
Shift Work
ASPS
DSPS
Free Running
Other
Intrinsic Process
Idiopathic
Paradoxical (Sleep Misperception)
Psychophysiologic
Medications
Recreational Drugs
Medical Disorders
Psychological
Maladaptive:
(Beliefs or Behaviors)
Sleep Phobia
Sleep Disruption
Noise, Light, Temperature
Allergies, Bedding Bed Partner, Children, Pets
Sleep Disorder, Reflux, Pain, Asthma, COPD
Heart Failure (2⁰ shortness of breath, sleep apnea)
Psychiatric Disorders
Depression
Anxiety
PTSD
Adjustment Disorder
Bipolar
Others


Excessive Sleepiness
Sleep Deprivation
Behavioral
Work Schedule
Time Management
Circadian Disorder
Shift Work
ASPS
DSPS
Free Running
Other
Sleep Disruption
Noise, Light, Temperature
Allergies, Bedding Bed
Partner, Children, Pets
Sleep Disorder, Reflux,
Pain, Asthma, COPD
Heart Failure (2⁰ shortness of
breath, sleep apnea)
Intrinsic Process
Narcolepsy
Idiopathic Hypersomnia
Klein Levine
Medications
Recreational Drugs
Medical Disorders
Neurologic Disorders
Fatigue
Medical
Psychiatric
Medications


Night-time Behaviors
Movement Disorders
PLMS
Leg Cramps
Rhythmic Disorders
Bruxism
REM Related
Nightmares
Sleep Paralysis
RBD (REM Behavior Disorder)
Neurologic
Seizure Disorder
Encephalopathy
Sun-Downing
NREM Related
Sleep Walking
Sleep Eating
Night Terrors
Confusional Arousals
Can be evoked by:
Sleep Apnea
Pain
Medications
Partial Arousals (from other conditions)
Other Parasomnias
Enuresis
Catathrenia (Sleep Moaning)
Hallucinations (Sleep Related: Hypnopompic, Hypnagogic)