

Classification of sleep disorders in children and adolescents

Dr. Martín Maldonado

International classification

- I.DYSOMNIAS . Problems associated with the onset and maintenance of sleep
- II PARASOMNIAS. Phenomena that occur during the period of sleep

Classification

- I DYSOMNIAS

I.a. EXTRINSIC

1b. INTRINSIC

Ic. ALTERATIONS IN THE CYRCADIAN
RHYTHM

Classification

- II PARASOMNIAS
- II.a . DISORDERS OF AWAKING
- II.b. DISTURBANCES IN THE TRANSITION AWAKE- SLEEP
- II c. DISTUBANCES DURING REM SLEEP
- OTHER PARASOMNIAS

Classification

- INTRINSIC DYSOMNIAS
 - Obstructive apnea of sleep
 - Narcolepsy
 - Restless leg syndrome
 - Alveolar hypoventilation

Classification

- EXTRINSIC DYSOMNIAS
 - Difficulty with sleep onset
 - Difficulty with sleep hygiene
 - Limit setting difficulty
 - Excessive intake of food
 - Drugs, medications, etc.

Classification

- ALTERATIONS IN THE CYRCADIAN RHYTHM
 - Difficulty due to time schedule
 - Too early sleep onset
 - Too late sleep onset
 - Inadequate or variable time-table

Classification

- DISORDERS OF AWAKING
- Sleep terror. Pavor nocturnus
- Confusional awakening
- Somnambulism

Classification

- PROBLEMS DURING THE TRANSITION AWAKE-SLEEP
- Rhythmic movements at sleep onset
- *Jactatio capitis nocturna*

Classification

- PARASOMNIAS DURING REM SLEEP
- Repetitive nightmares (anxious dreams)

Other disturbances

- Enuresis
- Night eating syndrome
- Bruxism
- Nocturnal paroxysmic dystonia