Classification of sleep disorders in children and adolescents

Dr. Martín Maldonado
International classification

1. DYSOMNIAS. Problems associated with the onset and maintenance of sleep

2. PARASOMNIAS. Phenomena that occur during the period of sleep
Classification

I DYSOMNIAS
I.a. EXTRINSIC
Ib. INTRINSIC
Ic. ALTERATIONS IN THE CYRCDIAN RHYTHM
Classification

II PARASOMNIAS

II.a. DISORDERS OF AWAKING

II.b. DISTURBANCES IN THE TRANSITION AWAKE-SLEEP

II c. DISTURBANCES 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 CYRCDIAN 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 paroxystic dystonia