

Pet'ko Lyudmila

Ph.D., Associate Professor,
Dragomanov National Pedagogical University (Ukraine, Kyiv)

Storchova Marina

Dragomanov National Pedagogical University
The Institute of Corrective Pedagogy and Psychology, *student*

A Person and Sleeping Problems

Abstract: *The article focuses on the main sleeping problems. It describes and illustrates types of sleep disorders. The authors stress that in today's modern society the problem of sleep disorders is very actual. The results of researching the 6th most common sleep positions by Chris Itzikawski are presented.*

Key words: *sleeping problems, types of sleep disorders, Insomnia, Sleep paralysis, Narcolepsy, Delayed Sleep Phase Disorder, Advanced Sleep Phase Disorder, Non-24-Hour Sleep-Wake Syndrome, Jet Lag, Shift Work, Obstructive Sleep Apnea, Sleepwalking, Restless Leg Syndrome (RLS), Snoring, Sleep talking.*

1. Introduction

A sleep disorder is a medical disorder of the sleep patterns of a person. Some sleep disorders are serious enough to interfere with normal physical, mental and emotional functioning. At some time, most of us have experienced trouble sleeping properly. However, if sleep problems are a regular occurrence and interfere with your daily life, you may be suffering from a sleep disorder. Fundamental to the success of our program is the recognition that sufficient sleep is not a luxury, it is a necessity and should be thought of as a "vital sign" of good health [2; 9].

The National Commission on Sleep Disorders Research estimates that 40 million Americans suffer from chronic sleep disorders and another 20 to 30 million experience sleep problems intermittently. And since sleep disorders increase with aging, those suffering from chronic sleep disorders are expected to rise to 79 million and those suffering from intermittent problems to increase to 40 million by 2010, as the U.S. population ages [4].

II. Setting objectives

The aim of the article to study sleeping problems.

For this purposes the main tasks are: 1) to study and describe some researches on this theme, 2) to give examples of sleep disorders 3) to give the interpretation of sleep positions by Chris Itzikawski.

III. Results

Sleep is the body's way of healing itself; sleep allows the body to take a rest, to reset, and to prepare itself for another day of busy living. Unfortunately, many people are not able to get a restful, undisturbed sleep every night – and they are not alone. *Sleep problems* are one of the most common disturbances in the lives of millions of people around the world [5].

Waking up in the middle of the night is one of the most common sleep problems. People who find themselves waking up in the middle of the night may find that they are unable to get back to sleep or – perhaps even worse – are able to fall asleep only to reawaken multiple times throughout the night, resulting in an uneven, unsatisfying sleep.

Another all-too-common type among the types of sleep problems involves a restless mind. A *restless mind* can be difficult to "cure," since it's usually an unavoidable occurrence. However, there are some things you can do to reduce the 'risk' of a restless mind at night. Turning on a white noise, such as a fan or a white noise machine, will help keep the mind focused on that soothing sound rather than on your day or the day ahead [8].

Sleep disorders can be defined as more or less sleep than is appropriate for the age of the child. By the age of 1–3 months, the longest daily sleep should be between midnight and morning. Sleeping through the night is a developmental milestone but, at the age of 1 year, 30% of children may still be waking in the night. Stable sleep patterns may not be present until age 5 years but parental or environmental factors can encourage the development of circadian rhythm [1].

According to the National Center for Sleep Disorders Research at the National Institutes of Health, about 30–40% of adults say they have some symptoms of insomnia within a given year, and about 10–15 percent of adults say they have chronic insomnia. People who have trouble sleeping every night without exception for months or years are fairly rare. More often, people experience chronic-intermittent insomnia, which means difficulty sleeping for a few nights, followed by a few nights of adequate sleep before the problem returns [2].

People who drink more than 4 caffeinated beverages a day are more likely to have difficulty falling asleep and wake unrefreshed. Those who are obese are more likely to have a symptom of insomnia. Adults who have daytime sleepiness at least 3 times a week are experiencing a symptom of insomnia (86%) compared to those who rarely or never have such symptoms (31%). This is also true for those who say sleepiness has a strong impact on their daily activities (83%) versus those who experience very little impact (44%). More people who take more than 2 naps a day report symptoms of insomnia (62%) compared to those who do not take a nap (48%) [3].

Insomnia, which is Latin for "no sleep," is the inability to fall asleep or remain asleep. Insomnia is a sleep disorder in which a person experiences poor sleep or has trouble sleeping. Insomnia can be chronic (ongoing) or acute (short-term). Chronic insomnia means having symptoms at least 3 nights a week for more than a month.

Acute insomnia lasts for less time. What cause insomnia: Emotional issues such as stress, anxiety and depression cause half of all insomnia problems. But your daytime habits, sleep routine and physical health may also play a role. Chronic insomnia is usually tied to an underlying mental or physical issues. Generally, for the treatment of insomnia is advised that medication should not be used as the only therapy and that treatment is more successful if combined with non-medical therapies. The most commonly used sleeping pills are Stilnox and Zolpidem [10].

Some researches suggest that symptoms of insomnia include: 1) difficulty falling asleep; 2) waking up frequently during the night; 3) difficulty returning to sleep; 4) waking up too early in the morning; 5) unrefreshing sleep; 6) daytime sleepiness; 7) difficulty concentrating; 8) irritability [3].

Sleep paralysis is a feeling of being conscious but unable to move. It occurs when a person passes between stages of wakefulness and sleep. During these transitions, you may be unable to move or speak for a few seconds up to a few minutes. Some people may also feel pressure or a sense of choking. Sleep paralysis may accompany other sleep disorders such as narcolepsy.

Narcolepsy is an overpowering need to sleep caused by a problem with the brain's ability to regulate sleep. Sleep researchers conclude that, in most cases, sleep paralysis is simply a sign that your body is not moving smoothly through the stages of sleep. Rarely is sleep paralysis linked to deep underlying psychiatric problems.

Over the centuries, symptoms of sleep paralysis have been described in many ways and often attributed to an "evil" presence: unseen night demons in ancient times, the old hag in Shakespeare's *Romeo and Juliet*, and alien abductors. Almost every culture throughout history has had stories of shadowy evil creatures that terrify helpless humans at night. People have long sought explanations for this mysterious sleep-time paralysis and the accompanying feelings of terror [7].

Delayed Sleep Phase Disorder. When a person's biological clock gets out of sync with accepted norms, sleep disorders arise. In delayed sleep phase insomnia, the person falls asleep and awakens later than required for normal activities such as work and school.

Advanced Sleep Phase Disorder. This condition, in which the person's biological clock shifts to earlier hours—typically falling asleep before 9 p.m. and awakening between 3 and 5 a.m. and failing to return to sleep.

Non-24-Hour Sleep-Wake Syndrome. In this condition, the person's biological clock is 25 hours or longer, meaning that sleep and wake times are continually getting later.

Jet Lag. It is a disruption in sleep patterns following travel across time zones. It occurs because the traveler's internal "clock" is out of sync with the new time zone. Symptoms include difficulty falling asleep, difficulty arising, and disrupted sleep, all leading to daytime sleepiness, headache and general malaise. Jet lag is a common problem for travelers, and more common in those over 50 than in those under 30. Incidence varies depending on how many time zones and the direction of travel. When traveling westward, the traveler's internal clock is ahead of local time and the traveler typically tires early and awakens early.

Shift Work. The constant changing of sleep patterns among day, evening and night shifts has been linked to gastrointestinal and cardiovascular disease, increases in alcohol and tranquilizer use, and chronic sleep disorders. About 20 million U.S. workers, or about 22% of the workforce, are shift workers.

Obstructive Sleep Apnea is the temporary cessation of breathing due to the blockage of the upper airways during sleep. These brief obstructions result in many sleep interruptions each hour, which dramatically affects the quality of sleep. Since these awakenings are rarely remembered, sleep apnea sufferers are unaware of the source of their symptoms: daytime drowsiness, increased irritability or depression, decreased concentration and work productivity and even an increased number of traffic accidents. In fact, the excessive daytime drowsiness often is mistaken for narcolepsy. Loud, consistent snoring is a hallmark of obstructive sleep apnea. Sleep apnea is suffered by about 4% of men and about 2% of women.

Narcolepsy is characterized by extreme, overwhelming sleepiness during the day. It is caused by a dysfunction of the brain mechanisms controlling sleep and waking. The person may suddenly fall asleep in midsentence, while at work, or behind the wheel of a car. Other symptoms of narcolepsy include the sudden loss of muscle tone while awake when surprised or upset (which can be severe enough to cause a collapse), and vivid hallucinations as the person is falling asleep, and sleep paralysis, a condition in which the body's normal paralysis of large muscles during REM sleep fails to end upon waking. Narcolepsy appears to run in families. Narcolepsy is rare, occurring in about 100,000 Americans. It may start in childhood but typically peaks in young adulthood.

Restless Leg Syndrome (RLS) is characterized by aching, itching, tingling and burning in the lower legs as the sufferer is falling asleep and typically requires him or her to get up and walk around for relief. The aching may also be accompanied by periodic limb movements that may continue for minutes or hours. It typically develops in middle age and appears to run in families. RLS occurs in about 2 to 5 percent of adults.

Sleepwalking, which is most common in children, occurs during stage 3 and stage 4 sleep, the deepest levels, and is thought to be caused by a partial arousal from deep sleep. While the child's brainwaves are those of deep sleep, the sleepwalker moves as though awake. The episodes are typically brief – less than ten minutes – and usually occur during the first three hours of sleep. The sleepwalker usually has no recollection of the event in the morning. Sleepwalking occurs in more than 10% of children. Most children outgrow it. It appears to run in families. Sleepwalking episodes may be triggered by fever or some medications. Unpredictable sleep schedules, sleep deprivation and stress may also contribute to sleepwalking episodes.

Snoring is a fairly common affliction, affecting 40 percent of men and 25 percent of women. If you snore, you make a raspy, rattling, snorting sound while you breathe during sleep. Older people are particularly prone to snoring: About one-third of people ages 55 to 84 snore [3; 9; 10].

Sleep talking, or somniloquy, is the act of speaking during sleep. It's a type of parasomnia – an abnormal behavior that takes place during sleep. It's a very common

occurrence and is not usually considered a medical problem. The nighttime chatter may be harmless, or it could be graphic, even R rated. Sometimes, listeners find the content offensive or vulgar. Sleep talkers normally speak for no more than 30 seconds per episode, but some people sleep talk many times during a night. Many people talk in their sleep. Half of all kids between the ages of 3 and 10 years old carry on conversations while asleep, and a small number of adults – about 5% – keep chit-chatting after they go to bed [11].

It is interesting to notice, that professor Chris Itzikawski interviewed 1,000 men and women and found a correlation between their personalities and sleeping positions. The study found the 6 most common sleep positions are *Fetal, Log, Yearner, Soldier, Free Faller, and Starfish*. It was determined that 41% of the people interviewed slept in the Fetal position. Fetal sleepers were described as being tough on the outside but sensitive at heart, shy initially but quick to relax. 15% of those interviewed sleep like a log. People who sleep on their sides like a log were often described as easy going and sociable, generally trusting of strangers, but sometimes gullible. Sleeping with arms out stretched, Yearners, who made up 13% of the population studied were reported to have an open nature, but can be suspicious and cynical, slow to reach decisions, and reluctant to change their minds. Soldiers, weighing in at 8%, tended to be quiet and reserved, and don't like a fuss. They set high standards for them selves and others 7% of sleepers known as Freefaller were characterized as brash and gregarious on the exterior but thin skinned. Their outward confidence masked a personality that responded badly to criticism. 5% of people that sleep on their back with arms above their head, known as Starfish sleepers, make good friends, because they ready to listen and offer help, these were unassuming people and happiest out of the spotlight. Whatever your sleep position or personality one thing is certain, improper sleep can lead to serious health issues [6].

In conclusion, sleep disorders cause more than just sleepiness. The lack of quality sleep can have a negative impact on energy of person, his emotional balance, and health. If anybody are experiencing sleeping problems, learn about the symptoms of common sleep disorders, what he can do to help himself.

Bibliography

1. Common Behavioural Problems in Children [Web site]. – Access mode: <http://www.patient.co.uk/doctor/common-behavioural-problems-in-children>
2. How to get rid of «sleep» problems using acupuncture without needles (Video) [Web site]. – Access mode: http://www.youtube.com/watch?v=2zzv7_1NI9Q
3. Neubauer David. Can't Sleep? What To Know About Insomnia [Web site]. – Access mode: <http://www.sleepfoundation.org/article/sleep-related-problems/insomnia-and-sleep>

4. 9 Most Common Sleep Disorders [Web site]. – Access mode: <http://health.howstuffworks.com/mental-health/sleep/disorders/9-most-common-sleep-disorders.htm>
5. Phillips Holly. Common Sleeping Problems (**Video, lecture**) [Web site]. – Access mode: <http://www.youtube.com/watch?v=n-podt5V4rk>
6. Seibert Andrew. Sleep Personality (**Video, lecture**) [Web site]. – Access mode: <http://www.webmd.com/sleep-disorders/video/sleep-personality>
7. Sleep Paralysis [Web site]. – Access mode: <http://www.webmd.com/sleep-disorders/guide/sleep-paralysis>
8. Sleep Problems! How to Cope With Insomnia [Web site]. – Access mode: **(Video)** [Web site]. – Access mode: <http://www.youtube.com/watch?v=eK8iJt77nMU>
9. Smith M., M.A., Sleep Disorders and Sleeping Problems / Melinda Smith, Lawrence Robinson, Robert Segal [Web site]. – Access mode: http://www.helpguide.org/life/sleep_disorders.htm
Last updated: November 2013.
10. What is Insomnia and how to treat sleep problems (**Video**) [Web site]. – Access mode: <http://www.youtube.com/watch?v=PaSi4EzI094>
11. What is sleep talking? [Web site]. – Access mode: <http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/talking-in-your-sleep>