
1. 가

1 가

1/3

1,2

2.

1)

20

가

가

3

가

가

가

4

가

(1)

가,

가 가

(awakening)

가

가 가

가

가

가

4

가

가

가

가

가

60

(paresthenia)

가

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(alternations in temperature experience)

가

가 가 (increasing preference for carbohydrate foods).

가

(,)

(disturbed cognitive function)

가

(anomia:)

가 , “

- ?-

”

가

(ADHD)

“ 가 ”

가

2)

ICSD(International Classification of Sleep Disorders)³ 80 가 가

Table 1.

1. Tiredness or fatigue, without true sleepiness
2. Irritability, generally unexplained emotional lability
3. Hypersensitivity to visual, auditory, tactile stimuli
4. Development of paresthesia
5. Unexplained aching of the body, often diagnosed as fibrositis
6. Alternations in body temperature experience
7. Increasing preference for foods high in carbohydrates
8. Difficulty retrieving names of common objects or familiar persons
9. Disruption of ability to concentrate
10. Blurred eyes, burning eyes, puffiness under the eyes

Table 2

3)

(1)

가 , , ,

Table 2. ICSD

Disorder	ICD-9-CM code
Dyssomnias: Intrinsic sleep disorders	
Psychophysiologic insomnia	307.42-0
Sleep state misperception	307.49-1
Obstructive sleep apnea syndrome	780.53-0
Central sleep apnea syndrome	780.51-0
Periodic limb movement disorder	780.52-4
Restless syndrome	780.52-5
Dyssomnias: Extrinsic sleep disorders	
Inadequate sleep hygiene	307.41-1
Adjustment sleep disorder	307.41-0
Food allergy insomnia	780.52-2
Nocturnal eating(drinking) syndrome	780.52-8
Hypnotic-dependent sleep disorder	780.52-0
Stimulant-dependent sleep disorder	780.52-1
Alcohol-dependent sleep disorder	780.52-3
Toxin-induced sleep disorder	780.54-6
Dyssomnias: Circadian rhythm sleep disorders	
Time zone change(jet lag) syndrome	307.45-0
Shift work sleep disorder	307.45-1
Irregular sleep-wake pattern	307.45-3
Delayed sleep phase syndrome	780.55-0
Advanced sleep phase syndrome	780.55-1
Non-24-hour sleep-wake disorder	780.55-2
Parasomnia	
Confusional arousals	307.46-2
Sleep terrors	307.46-1
Sleepwalking	307.46-0
REM sleep behavior disorder	780.59-0
Sleep-related abnormal swallowing syndrome	780.59-6
nocturnal paroxysmal dystonia	780.59-1
Primary snoring	780.53-1
Sleep disorders associated with medical/psychiatric disorders	
Mood disorders	296-301
Anxiety disorders	300
Panic disorders	300
Alcoholism	303
Cerebral degenerative disorder	330-337
Dementia	331
Sleep-related epilepsy	345
Sleep-related headaches	346
Nocturnal cardiac ischemia	411-414
Chronic obstructive pulmonary disease	490-494
Sleep-related asthma	493
Sleep-related gastroesophageal reflux	530.1
Fibrositis syndrome	729.1
Proposed sleep disorders	
Sleep-related neurogenic tachypnea	780.53-2
Sleep-related laryngospasm	780.59-4

[illegible]

가

(4) 가

가

가 (movement detectors), (wrist actigraphs), 가

(sleep assessment device), (ambulatory device)

가

가

가

(5)

가

가

가 Hauri⁷

6

가

(2) 1 2

(sleep amount),

가

가

(mini arousals)

가 가

가 (first night effect)

가

(6)

(3) 가

가

(2) (conditioning)

가

가¹⁰

(3)
(enhance performance anxiety)

3.

, 가

가

(4)
(dysfunctional cognitive distortion)

(Fig. 1).

(1) (hyperarousal)

가

(5) (maladaptive sleep habits)

가

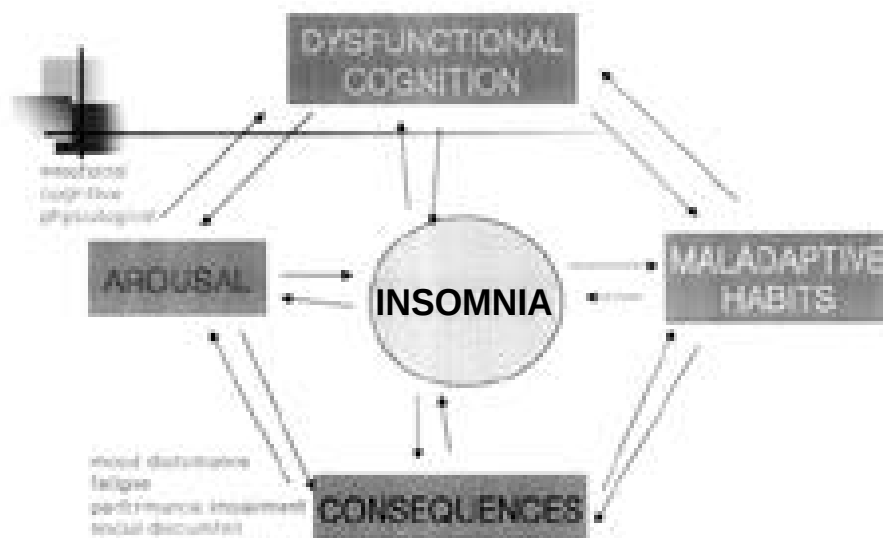


Figure 1.

가 . ()
(temporal)

(, ,) 가
가 .

4. (stimuli
cues)

¹²

가 (2)
Bootzin

CPAP
L-dopa
3~4

가 .

(3)
. Lie down to sleep
only when you are sleepy:

가 . 가

가 .

1)

(tolerance),
(dependence),
(rebound insomnia)

TV . Use
your bed only to sleep: do not read, watch TV,
or eat in bed. Sexual activity is the only
exception:

2) (sleep hygiene education)

가

4가

If you find yourself unable to fall asleep within
10-15minutes, get out of bed. Return to the bed
only when you feel sleepy. Watching the clock
is not recommended:

가 .¹¹

. Repeat Step 3. Repeat this step as
often as necessary during the night:

가

3) (stimulus control)

(1) 가

5) (cognitive therapy)

(dysfunctional beliefs and attitudes) 가

가 ¹⁶

(1)

가가

가

. Do not nap during the day:

가

가 Faulty appraisal

of transient sleep difficulties:

1972 Bootzin

가

가

^{13,14}

가

Misattributions:

4) (sleep restriction)

Spielman ¹⁵

Unrealistic sleep expectations:

8

가

가

Others: excessive rumination, magnification(

), catastrophizing(

), overgeneralization(

), dichotomy thinking(

; awful, restless, miserable), selective

recall(

가)

(2)

(consolidated)

5

1

가

			Altering
		unrealistic sleep expectations:	8
3)	3가		
	가	2가	
	preparative steps:		
	가		
			Enhancing percep-
		tions of control and predictability:	
(4)	Correc-		
ting misconceptions of insomnia causes:			
	가		
	가		
			Dispelling myths
		about good sleep practices:	
	가		
	가		
	Reattribu-	6)	(relaxation training)
ting the presumed consequences of insomnia:			(heightened
		arousal)	
	가		(somatic arousal)
			(racing
		intrusive thoughts)	
		(cognitive arousal)	
			17
		(EMG biofeedback),	
		(progressive muscle relaxation),	
		(autogenic training)	
		가	
		(diaphragmatic breathing)	
	가		18

muscle) , 가, (frontal 8)

and relax) 가 (tense 가 ^{23,24}

(imagery training), (meditation), 가가

(thought stopping), 가, ²⁴ 70~80%

가 50% 가 ,

가 30%

5.

가

가

7) (light therapy) 10 가 , 가

(phase delay) ,

(phase advance) ¹⁹ - 가

(core body temperature)

2,500 (10) 1~2

²⁰ 가

²¹ 가

²² 가

²⁵ 가

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