

1. 1) (Dyssomnias)

가 . 가 ,
가 .
1990
가 .
가 가 .

(1) (intrinsic Sleep Disorders)

- Psychophysiological insomnia
- Sleep state misperception
- Restless leg syndrome
- Idiopathic insomnia
- Narcolepsy
- Recurrent hypersomnia
- Idiopathic hypersomnia
- Post-traumatic hypersomnia
- Obstructive sleep apnea syndrome
- Central sleep apnea syndrome
- Central alveolar hypoventilation syndrome
- Periodic limb movement disorder

2. (classification of sleep disorders)

(ICSD:

International Classification of Sleep Disorders)

1990 가
(European Sleep Research Society),
(Japanese Society of Sleep Research),
, 1997

(2) (extrinsic sleep disorders)

- 가 , 가 가
가 가 .
- Inadequate sleep hygiene
 - Environmental sleep disorder
 - Altitude insomnia
 - Adjustment sleep disorder
 - Insufficient sleep syndrome
 - Limit-setting sleep disorder
 - Sleep-onset association disorder
 - Food allergy insomnia
 - Nocturnal eating syndrome
 - Hypnotic-dependent sleep disorder

1.
ICSD Table 1 4
84가 가 .

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Table 1. International Classification of Sleep Disorders

1. Dyssomnias
Intrinsic sleep disorders
Extrinsic sleep disorders
Circadian rhythm sleep disorders
2. Parasomnias
Arousal disorders
Sleep-wake transition disorders
Parasomnias usually associated with rapid eye movement sleep
Other parasomnias
3. Medico-neurologic-psychiatric sleep disorders
Associated with mental disorders
Associated with neurological disorders
Associated with other medical disorders
4. Proposed sleep disorders

- Stimulant-dependent sleep disorder
- Alcohol-dependent sleep disorder
- Toxin-induced sleep disorder

(3) 24
(Circadian Rhythm Sleep disorders: CRSD)
CRSD

(misalignment) 가
CRSD delayed sleep phase syndrome, advanced sleep phase syndrome, non-24 hr sleep-wake syndrome .
CRSD

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CRSD
. CRSD

irregular sleep-wake pattern
62

- CRSD 가 가 .
- Time-zone change(jet lag) syndrome
 - Shift work sleep disorder
 - Irregular sleep-wake pattern
 - Delayed sleep phase syndrome
 - Advanced sleep phase syndrome
 - Non-24 hr sleep-wake disorder

2) Parasomnias()
Parasomnias
. Parasomnia arousal, partial arousal, sleep stage transition .
parasomnia CNS activation .

가 .

- Arousal disorders
- Sleep walking
 - Sleep terrors
 - Confusional arousals
- Sleep-wake transition disorders
- Rhythmic movement disorder
 - Sleep starts
 - Sleep talking
 - Nocturnal leg cramps
- Parasomnias usually associated with REM sleep
- Nightmares
 - Sleep paralysis
 - Impaired sleep-related penile erections
 - Sleep-related painful erections
 - REM sleep-related sinus arrest
 - REM sleep behavior disorders
- Other parasomnias
- Sleep bruxism
 - Sleep enuresis
 - Sleep-related abnormal swallowing syndrome
 - Nocturnal paroxysmal dystonia

3) - -
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(1) (mental disorders
associated with sleep disorders)

psychoses, mood disorders, anxiety disorders, panic disorders alcoholism

(2) (neurological
disorders associated sleep disorders)

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, , , ,
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(3)
Nocturnal cardiac ischemia, chronic obstructive pulmonary disease, sleep-related asthma, congestive heart failure, sleep-related gastroesophageal reflux, peptic ulcer disease, fibrositis syndrome

3. (Approach to the patient with disordered sleep)²

가

(insomnia), 2)

, 3)

가

가

가

(symptom)

(sign)

1) (chief complaint and history)

가

가

, 가

가

to sleep onset),

가
disorder

가

(shift-worker)
wake schedule)

가 circadian rhythm sleep disorder
(insufficient sleep syndrome)

environmental sleep disorder

가 .
(congestive heart failure)
orthopnea paroxysmal nocturnal dyspnea

(daytime sleepiness)

(1) (insomnia)

가, 가
(difficulty in falling asleep),

idiopathic insomnia

가 가
adjustment sleep disorder . ,
가 ,

psychophysiological insomnia

(estimated time

TV

50~80%가
가

major depression

가 . Mandibular hypoplasia,
craniosynostosis, retrognathia
craniofacial abnormalities가 Pierre Robin
syndrome, Treacher Collins syndrome,
Crouzon's disease, achondroplasia

3) 가 (family history)

가 가

가

(oropharyngeal findings)

soft palate uvula, peritonsillar pillars, uvula,
soft palate, posterior oropharynx
erythema, redundant pharyngeal mucosa,

4) (social history)

가 가

가

가

expiratory wheeze

Kyphoscoliosis

가

가

sternal border

4

, pulmonary tricuspid
valve insufficiency
(hepatomegaly)가

5) (review of systems)

가

가

가

가

nocturnal

confusion

, paroxysmal nocturnal dyspnea, wheezing

가

가

가 (heartburn)

nocturnal choking episode

가

mania

depression

가

(acute psychosis)

6) (physical examination)

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