



SLEEP DISORDERS

Sleep disorders are conditions that impair healthy sleep patterns.



How to identify symptoms:

- Being very sleepy during the daytime and having trouble falling asleep
- Falling asleep at inappropriate times
- Uncomfortable urge to move while trying to fall asleep
- Having an irregular sleep and wake cycle

Call UHS if you:

- experience reduced performance in class or sports
- are frequently sleepy throughout the day
- struggle to stay awake while performing activities
- have memory or concentration problems

UHS can schedule you for an appointment with a provider to further evaluate you for a sleep disorder.

Common Types:

- Insomnia
- Sleep Apnea
- Restless Leg Syndrome
- Narcolepsy

Check out the latest updates and more details from **the Cleveland Clinic:**



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