

Common Sleep Challenges



Sleep can change in many ways — and when those changes are ongoing or disruptive, they can have a real impact on how you feel and function each day. When sleep difficulties become ongoing and affect your wellbeing, they may be considered **sleep disorders**. These include:



Insomnia

Difficulty falling or staying asleep, or getting up too early despite getting the chance to sleep



Sleep apnea

Breathing repeatedly stops and starts during sleep causing significant daytime sleepiness



Parasomnias

Include sleepwalking, nightmares, night terrors, REM sleep behaviour disorder



Restless legs syndrome

Uncomfortable sensations (like tingling or electricity) in the legs usually at night or at rest



Sleep-wake disorders

Misalignment between the body clock with outside environment affecting sleep timing & quality



Narcolepsy & hypersomnia

Neurological disorders disrupting causing significant sleepiness during the day

You don't have to just 'put up with' sleeping problems. With the right guidance, better sleep – and a better life – is possible! Book a consult today.