Do you feel irritable or sleepy during the day? Do you have difficulty staying awake when sitting still, such as when watching television or reading or even fall asleep sometimes while driving? Is it difficult for you to pay attention or concentrate at work,

school, or home? Do you feel you're performing below your potential in work, school, or sports or are often told by others that you look tired? Have you had difficulty with your memory, react slowly or have emotional outbursts? Could you easily take a nap almost every day and often require caffeinated beverages to keep yourself going? If you are experiencing one or more of these symptoms during the day, you may not be getting enough restful sleep at night, and you may even have a sleep disorder.

A sleep disorder is any difficulty with sleep, including difficulty falling or staying asleep, difficulty staying awake during the daytime (excessive sleepiness), sleeping too much, difficulty sleeping during normal sleep hours at nighttime, abnormal behaviors during sleep which disrupt sleep, or un-refreshing sleep.

Although snoring may cause difficulty with sleep for your bed partner, snoring by itself is not a sleep disorder. However, snoring may be a symptom of a very serious sleep disorder, such as sleep apnea. Many people complain that they can't fall asleep or stay asleep, or that they are sleepy during the day, but few consider these to be symptoms of a sleep disorder.

Sleep deprivation is a symptom of a sleep disorder. However, snoring may be a symptom of a very serious sleep disorder, such as sleep apnea. Over 100 types of sleep disorders exist. Some of the most common types of sleep disorders is Insomnia, Sleep Apnea Disorder, Restless Legs Syndrome (RLS) and Periodic Limb Movement (PLMD) and Narcolepsy. To learn more about these sleep disorders and treatment options, please contact: The BMH Sleep Clinic 888-319-0202. Get results in LESS THAN 10 DAYS!