

International Classification of Sleep Disorders

1. Dyssomnias

- A. Intrinsic Sleep Disorders
- B. Extrinsic Sleep Disorders
- C. Circadian-Rhythm Sleep Disorders

2. Parasomnias

- A. Arousal disorders
- B. Sleep-Wake Transition Disorders
- C. Parasomnias Usually Associated with REM Sleep
- D. Other Parasomnias

3. Sleep Disorders Associated with Other Disorders

- A. Associated with Mental Disorders
- B. Associated with Neurologic Disorders
- C. Associated with Other Medical Problems

4. Proposed Sleep Disorders

source: American Academy of Sleep Medicine, 2001

International Classification Sleep Disorders Manual

Jin-Ying Zhang



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