INTRODUCTION TO SLEEP DISORDERS MEDICINE

1. **first sleep clinic** opened 1969 (Stanford)

2. gradually growing body of **clinical evidence for** “sleep disorders”, for pathologies that occur specifically out of sleep or are related to sleep

3. first sleep disorders **nosology** published in 1979 by American Academy of Sleep Medicine

   sleep disorders broken down into problems with (1) **sleep onset insomnia** (SOI) (“trouble getting to sleep”), (2) **sleep maintenance insomnia** (SMI) (“trouble staying asleep”) and (3) trouble with **excessive daytime sleepiness** (EDS)

   current nosology breaks sleep disorders into (1) **dyssomnias** (disorders that produce either EDS, SOI or SMI, and circadian rhythm disorders), (2) **parasomnias**

   (disorders of arousal/partial arousal, in which undesirable behaviors occur during sleep), and (3) **sleep disorders associated with other medical, neurological, or mental disorders**

4. now there is actually a field of medical/clinical practice called “**sleep disorders medicine**” and soon this will be a recognized medical speciality for MDs
   likewise, there is now a recognized field of **behavioral sleep medicine**, for PhDs