

Table 1. Categories of sleep disorders with definitions and subtypes as specified in the American Academy of Sleep Medicine's International Classification of Sleep Disorders, 3rd ed. (2014).

Category	Definition	Subtypes
Insomnia	Difficulty initiating or maintaining sleep, poor quality sleep	Short-term insomnia, chronic insomnia
Sleep-disordered breathing	Abnormal respiration during sleep characterized by intermittent partial or complete upper airway obstruction	Central sleep apnea, obstructive sleep apnea, sleep-related hypoventilation, sleep-related hypoxemia
Central disorders of hypersomnolence	Daytime sleepiness not associated with disturbed sleep or misaligned circadian rhythms	Narcolepsy w/cataplexy, narcolepsy w/out cataplexy, idiopathic hypersomnia, Kleine-Levin syndrome, insufficient sleep syndrome, hypersomnia due to medical or psychiatric disorders or due to substances
Circadian rhythm sleep-wake disorders	Sleep disturbance due to misalignment between the environment and the individual's sleep-wake cycle	Shift work/jet lag disorder, delayed sleep-wake phase disorder, advanced sleep-wake phase disorder, irregular sleep-wake rhythm disorder, non-24-hour sleep-wake rhythm disorder, circadian rhythm disorders associated with medical, psychiatric, or neurological disorder
Parasomnias	Undesirable movements, behaviors, perceptions, or dreams that occur during sleep or arousals from sleep without conscious awareness	Nonrapid eye movement related parasomnias, rapid eye movement sleep behavior disorder, other parasomnias that bear no specific relationship to sleep stage
Sleep-related movement disorders	Simple, stereotypic movements that disrupt sleep	Restless leg syndrome, periodic limb movement disorder, sleep-related leg cramps, sleep-related bruxism, sleep-related rhythmic movement disorder
Other	Sleep disorders that cannot be appropriately classified elsewhere	