Sleeping Disorder: Narcolepsy

Sleep is the normal condition of rest wherein your eyes are shut, your body is latent, and your brain doesn't think. It is a natural basic to the support of mental and physical wellbeing. It is a condition of being unconscious and no physical activities being done. One of the vital roles of sleep is to help us improve and enhance memory. The American Academy of Sleep Medicine has suggested that children matured 6 to 12 years ought to consistently rest 9 to 12 hours for each 24 hours and adolescents matured 13–18 years should have rest 8 to 10 hours for every 24 hours. According to Center Disease Control and Prevention (2018) .People who lack rest and sleep are the ones who are likely to get a disease such as obesity, diabetes, injuries, poor mental health and a hard time to focus. People who get good quality of sleep will help improve the student's mental, emotional and physical state. Sleep will make their immune system healthy, balance hormones and boost out our energy, power and our mind when we wake up with good sleep (Gamsky, 2016). If a student experiences lack of sleep, he will possibly experience poor skills in school because his mind can’t focus at class. The lack of sleep, among other issues, will seriously damage rates. Many university students experience procrastination before taking up their exams, and staying awake until the early morning hours. Sleepness nights have a big impact on a students life, not just in his healthy but also in the school field. Many students who pull a night-time student often end up with lower GPAs because lack of sleep affects the memory retention and concentration of most students (Cunningham, 2019)

According to Pahul Singh (2016) insomnia is the absence of unconsciousness that tends to take the form of an excess of something that a person dont want when they’re trying to sleep. Insomnia is the most common sleep complaint and includes a wide range of sleeping disorders from lack of quality of sleep to lack of quantity of sleep. It occurs when a person has a trouble falling asleep even when he has a chance to do so. Insomnia is defined by the quality of sleep and what we feel after sleeping, it is not just about the numbers of hours we sleep. Even if a person spend eight hours of sleep and feeling sleepy and tired there’s a chance that you feel insomnia. It also involves both a sleep disturbance and daytime symptoms.

According to (Semelka,Wilson, MD & Floyd, MD., 2016) sleep apnea is a chronic disorder in which breathing repeatedly stops or decrease during sleep that can lead to many symptoms such as head acges and daytime sleepiness and fatigue. Sleep apnea affects persons of all ages and is frequent among persons who are obese.

According to (Kwatra, Quadri, Khan, & Cook, 2018) the restless legs syndrome (RLS) is a neurological disorder that when a person is in uncomfortable urge to move their legs in time of immobility and it is often leads to unpleasant sensation.

According to (Akintomide & Rickards, 2011) Narcolepsy is characterized by a classic tetrad of daytime sleepiness with sleep attacks that you cannot resist, cataplexy, hallucinations and sleep paralysis. The other features of narcolepsy includes insomnia, loss of concentration and memory. blurred vision, and a behavior that is performed without conscious knowledge and does not appear under conscious control. The two distinct groups are those patients having narcolepsy with and without cataplexy. .

According to (Pueblo Colorado , 2009), Excessive daytime sleepiness is the most common and it affects 20% of the population. people who are experiencing EDS are at risk of accidents and they have a poorer health. The main causes of EDS are medications, psychiatric conditions, narcolepsy and particularly the sleep apnea. A person who are suffering from have lower academic performance, increased the chance of being tardy, and the graduation rates will get low than other students.