

Table 1. International Classification of Sleep Disorder

Dyssomnias	Intrinsic sleep disorders Extrinsic sleep disorders Circadian rhythm disorders
Parasomnias	Arousal disorders Sleep-wake transition disorders Parasomnias usually associated with REM sleep Other parasomnias
Medical/psychiatric sleep disorders	Association with mental disorders Association with neurologic disorders Association with other medical disorders
Proposed sleep disorders	Any disorder that may cause problems sleeping