

**SLEEP DISORDERS: DIAGNOSIS AND TREATMENT  
(CURRENT CLINICAL PRACTICE)**

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### **Sleep Disorders: Diagnosis and Treatment | JAMA Neurology | JAMA Network**

Current literature suggests that insomnia cannot be considered merely as a symptom of psychiatric If the patient is undergoing any treatment for other medical disorders Diagnosis and management of REM-sleep behaviour disorder.

It has been 5 years since the publication of this Clinical Practice Guideline and it is . Spanish Patients Association for Sleep Disorders, ASENARCO .. therapeutic approach, it is fundamental to conduct a correct diagnosis, .. the typical difficulties of insomnia are present in four out of five people with major depressive.

The sleep disorder symptoms must comply with the diagnostic criteria established for Additional clinical information: The diagnosis of Primary Insomnia can only be . during sleep or if apnea syndrome, among other complaints, are present.

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Alphadelta calcium channel ligands – Gabapentin enacarbil, gabapentin, and pregabalin are alternative choices for patients with chronic persistent RLS. In addition, they may also be preferred when adverse effects of the benzodiazepines and BzRAs are not tolerable.

If there is clinically significant difficulty in falling or staying asleep with

Step 6 Consider if the primary symptom is excessive sleepiness: It is recommended to use a 2-week sleep diary to get to know the sleeping and waking times of the patient to differentiate primary chronic insomnia from other conditions. The dose may be increased by 0.

For the short-term insomnia, pharmacotherapy is indicated, while for the chronic insomnia, behavioral therapy is indicated. Certain questionnaires e.