

# Sleep-Wake Disorders (DSM-5-TR)

- These are conditions that affect the quality, timing, and amount of sleep, leading to distress or impairment.

## 1. Insomnia Disorder

### Definition:

Difficulty falling asleep, staying asleep, or waking too early, at least 3 nights per week for 3 months, causing distress or daytime impairment.

#### Example:

*A student lying awake for hours despite feeling tired, then struggling in class due to lack of sleep.*

## 2. Hypersomnolence Disorder

### Definition:

Excessive sleepiness despite adequate sleep, lasting  $\geq 3$  times per week for  $\geq 3$  months.

#### Example:

*An adult sleeps 10 hours but still naps during meetings.*

## 3. Narcolepsy

### Definition:

Recurrent, irresistible need to sleep, lapses into sleep, or daytime naps, occurring  $\geq 3$  times per week for  $\geq 3$  months.

#### Example:

*Laughing at a joke, then suddenly collapsing into sleep.*

## 4. Breathing-Related Sleep Disorders

### Definition:

Sleep disorders caused by abnormal breathing patterns during sleep, leading to disrupted sleep and daytime impairment.

#### Types:

- **Obstructive Sleep Apnea Hypopnea** → Airway blocked during sleep, snoring, pauses in breathing.
- **Central Sleep Apnea** → Brain fails to send signals to breathe.
- **Sleep-Related Hypoventilation** → Shallow breathing, high CO<sub>2</sub> during sleep.

#### Example:

*A person snores loudly, stops breathing for seconds, then wakes up gasping.*

## 5. Circadian Rhythm Sleep-Wake Disorders

### Definition:

Mismatch between internal biological clock and external environment.

### Types:

- **Delayed Sleep Phase** → Sleep late, wake late.
- **Advanced Sleep Phase** → Sleep early, wake early.
- **Irregular Sleep-Wake** → Fragmented sleep.
- **Non-24-Hour** → Sleep cycle longer than 24 hours.
- **Shift Work Type** → Sleep problems due to night shifts.

#### Example:

*A "night owl" who can't sleep until 3 AM, struggles with morning classes.*

## 6. Parasomnias

### Definition:

Abnormal behaviors during sleep.

### Types:

- **NREM Arousal Disorders** → Sleepwalking, sleep terrors.
- **REM Sleep Behavior Disorder** → Acting out dreams.
- **Nightmare Disorder** → Frequent, distressing dreams.

#### Example:

*A child sleepwalking into the kitchen at night.*

## 7. Restless Legs Syndrome (RLS)

### Definition:

Urge to move legs, worse at rest, relieved by movement, interfering with sleep.

#### Example:

*A person pacing around at night because their legs feel uncomfortable when lying down.*

### Quick Mnemonic

"I Have Nice Big Cool Pretty Rest"

- I = Insomnia
- H = Hypersomnolence
- N = Narcolepsy
- B = Breathing-related
- C = Circadian rhythm
- P = Parasomnias
- R = Restless legs

# Sexual Dysfunctions, Paraphilic Disorders, Gender Dysphoria

## Sexual Dysfunctions → Definition:

- Clinically significant disturbance in a person's ability to respond sexually or experience sexual pleasure. Must cause distress and last  $\geq 6$  months.

**Example:** Erectile disorder = difficulty maintaining erection.

### **Paraphilic Disorders** → Definition:

- Intense and persistent sexual interests in atypical objects, situations, or individuals that cause distress or harm.

**Example:** Voyeuristic disorder = watching unsuspecting people.

### **Gender Dysphoria** → Definition:

- Marked distress due to mismatch between one's experienced /expressed gender and assigned sex at birth.  
**Example:** A child insisting they are another gender and feeling upset when misgendered.

## **Disruptive, Impulse-Control, Conduct Disorders**

- problems in the self-control of emotions and behaviors, often violating the rights of others or bringing the individual into significant conflict with societal norms.

### **Oppositional Defiant Disorder (ODD)**

- A pattern of angry/irritable mood, argumentative/defiant behavior, or vindictiveness lasting at least 6 months, shown with at least one person who is not a sibling.  
**Example:** Child often argues with teachers, refuses rules.

### **Severity Levels:**

- **Mild** → Symptoms in one setting (home, school, work).
- **Moderate** → Symptoms in two settings.
- **Severe** → Symptoms in three or more settings.

### **Intermittent Explosive Disorder (IED)**

- Recurrent behavioral outbursts representing a failure to control aggressive impulses. Outbursts are grossly out of proportion to the trigger.  
**Example:** Breaking objects after minor frustration.

- **Conduct Disorder** → A repetitive and persistent pattern of behavior where the basic rights of others or major societal rules are violated.

**Example:** A teenager who repeatedly steals, bullies classmates, and vandalizes property.

- **Kleptomania** → Recurrent failure to resist impulses to steal objects not needed for personal use or monetary value.

**Example:** An individual who shoplifts small items like pens or trinkets despite having money to buy them.

- **Pyromania** → Deliberate and purposeful fire-setting on more than one occasion.

**Example:** A person repeatedly sets small fires just to watch them burn and feels excitement from the act.

### **Quick Memory Tip**

- **ODD** → Think "Defiant Child" (argues, refuses, blames).
- **IED** → Think "Explosive Adult" (sudden, intense anger bursts).
- **Conduct Disorder** → "Rule-breaking kid" (aggression, theft, vandalism).
- **Kleptomania** → "Steals without need".
- **Pyromania** → "Sets fires for thrill"

## **Substance-Related and Addictive Disorders**

- **Substance Use Disorder** → Problematic use with craving, tolerance, withdrawal.

**Example:** Drinking daily despite health issues.

- **Intoxication/Withdrawal** → Short-term effects of use or stopping.

**Example:** Shaking hands after stopping alcohol.

- **Gambling Disorder** → Addiction to betting.

**Example:** Losing money but continuing to gamble.

## **Personality Disorders**

### **Cluster A Personality Disorders**

**(Odd/Eccentric)** These disorders are characterized by odd, eccentric behaviors and social difficulties. Often linked with the schizophrenia spectrum but less severe.

**Paranoid:** A pervasive distrust and suspicion of others, interpreting their motives as malevolent.

**Example:** A person refuses to share personal info with coworkers, convinced they will use it against them.

**Schizoid:** Detachment from social relationships and restricted emotional expression.

**Example:** An individual who avoids social gatherings, spends most time alone, and shows little emotion.

**Schizotypal:** Social and interpersonal deficits with cognitive/perceptual distortions and eccentric behavior.

*Example:* A person who dresses oddly, believes they can read minds, and avoids social contact due to anxiety.

#### Quick Memory Tip

- **Paranoid** → “Suspicious of everyone”.
- **Schizoid** → “Lonely but doesn’t care”.
- **Schizotypal** → “Magical thinker, eccentric”.

• **Cluster B Personality Disorders (Dramatic, Emotional, Erratic)** These disorders are marked by intense emotions, unstable relationships, and impulsive or dramatic behaviors.

**Antisocial Personality Disorder:** Disregard for and violation of the rights of others, occurring since age 15.

*Example:* An adult repeatedly lying, stealing, and showing no guilt for harming others.

**Borderline Personality Disorder:** Instability in relationships, self-image, and emotions, with marked impulsivity.

*Example:* A person who alternates between idolizing and devaluing a partner, and engages in self-harm when feeling abandoned.

**Histrionic Personality Disorder:** Excessive emotionality and attention-seeking behavior.

*Example:* An individual who dresses flamboyantly, exaggerates stories, and constantly seeks admiration.

**Narcissistic Personality Disorder:** Grandiosity, need for admiration, and lack of empathy.

*Example:* A manager who belittles employees, demands praise, and exploits others for personal gain.

#### Quick Memory Tip

- **Antisocial** → “Law-breaker, no remorse”.
- **Borderline** → “Unstable emotions & relationships”.
- **Histrionic** → “Drama queen, attention-seeking”.
- **Narcissistic** → “Self-centered, no empathy”.

• **Cluster C Personality Disorders (Anxious/Fearful)** These disorders are marked by fearful, anxious, or perfectionistic behaviors.

**Avoidant Personality Disorder:** Social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation.

*Example:* A person declines party invitations because they fear being judged or humiliated.

**Dependent Personality Disorder:** Excessive need to be taken care of, leading to submissive and clinging behavior.

*Example:* An individual who cannot choose a career path without constant guidance from family.

**Obsessive-Compulsive Personality Disorder (OCPD):** Preoccupation with orderliness, perfectionism, and control, at the expense of flexibility and efficiency.

*Example:* A manager who spends hours re-checking reports for minor errors, delaying deadlines.

#### Quick Memory Tip

- **Avoidant** → “Wants friends but fears rejection.”
- **Dependent** → “Clingy, can’t decide alone.”
- **OCPD** → “Perfectionist, rigid, controlling.”

## Neurocognitive Disorders

**Delirium:** An acute disturbance in attention and awareness, developing over a short period (hours to days), fluctuating during the day.

*Example:* An elderly patient becomes suddenly confused and disoriented after surgery, but symptoms improve and worsen throughout the day.

**Major Neurocognitive Disorder (Dementia):** Significant decline in one or more cognitive domains (memory, language, executive function, attention, perceptual-motor, social cognition), interfering with independence.

*Example:* A person forgets family members’ names, cannot cook or manage bills, and requires daily assistance.

**Mild Neurocognitive Disorder:** Modest decline in one or more cognitive domains, but independence is largely preserved.

*Example:* An older adult frequently forgets where they placed keys but can still live alone and manage household chores.

#### Quick Memory Tip

- **Delirium** → “Sudden confusion, fluctuates.”
- **Major Neurocognitive Disorder** → “Big decline, needs help.”
- **Mild Neurocognitive Disorder** → “Small decline, still independent.”

# Medication-Induced Movement Disorders & Other Mental Disorders

**Tardive Dyskinesia:** A medication-induced movement disorder, usually from long-term use of antipsychotics, involving involuntary, repetitive movements.

*Example:* A patient on antipsychotics develops repetitive chewing motions and tongue movements they cannot control.

**Akathisia:** A state of inner restlessness with a strong urge to move, often caused by antipsychotics or antidepressants.

*Example:* A person on new medication feels compelled to walk around constantly, unable to sit through a meeting.

## **Parkinsonism (Medication-Induced):**

Symptoms resembling Parkinson's disease due to dopamine-blocking drugs (e.g., antipsychotics).

*Example:* A patient develops hand tremors and stiffness after starting antipsychotic treatment.

**Other Mental Disorders (Medication-Induced / Residual Categories):** Mental or behavioral symptoms directly caused by medication or substances, not fitting neatly into other categories.

**Examples:**

- Medication-Induced Psychotic Disorder → hallucinations/delusions from drugs.
- Medication-Induced Anxiety Disorder → panic or anxiety triggered by medication.
- Medication-Induced Sleep Disorder → insomnia or hypersomnia due to drugs.

*Example:* A patient develops vivid hallucinations after starting a steroid medication.

## **Quick Memory Tip**

- Tardive Dyskinesia → "Tics & tongue movements."
- Akathisia → "Restless, can't sit still."
- Parkinsonism → "Tremors & stiffness."
- Other Mental Disorders → "Psych, anxiety, sleep issues from meds."

## **Super Quick Mnemonics**

- **Sexual/Gender** → Dysfunction (response), Paraphilia (interest), Dysphoria (identity distress).
- **Impulse/Conduct** → ODD (defiant), IED (explosive), CD (rule-breaking), Pyro/Klepto (specific acts).
- **Substance** → Use Disorder, Intoxication/Withdrawal, Gambling.
- **Personality** → A = Weird, B = Wild, C = Worried.
- **Neurocognitive** → Delirium (acute), Major (big decline), Mild (small decline).
- **Medication-Induced** → Side effects = movement problems.