sleep disorderor A sleep disorderor somnipathy, is a medical disorder of an individual's sleep patterns Some sleep disorders are severe enough to interfere with normal physical, mental social and emotional functioning, Sleep disorders are frequent and can have serious consequences on patients' health and quality of life (1) polysomnography and actigraphy are tests commonly ordered for diagnosing sleep disorders They are broadly classified into dyssomnias, parasomnias, circadian rhythm sleep disorders involving the timing of sleep, and other disorders including ones caused by medical or psychological conditions when a person struggles to fall asleep and/or stay asleep with no obvious cause, it is referred to as insomnia(2) the most common sleep disorder Others include sleep apnea, narcolepsy and hypersomnia (excessive sleepiness at inappropriate times), sleeping sickness (disruption of sleep cycle due to infection), sleepwalking, and night terrors(3) A study was conducted in the Kingdom of Saudi Arabia to determine the prevalence of sleep disorders and their associated risk factors among the population of the Jazan region in the Kingdom of Saudi Arabia. The participants were predominantly women (62.2%), with an average age of 30.99 years and a normal body mass index. The analyses revealed that 28.8% of the respondents reported experiencing sleep disorders, and 13.4% particularly had obstructive sleep apnea. Nearly half of the participants reported having primary insomnia, excessive daytime sleepiness, and restless leg syndrome

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