

Introduction

University students experience a lot of stress. There are many students who are trying to manage on their own but reach a point where they no longer know what to do and wonder if they have any mental disorder.

Under such a circumstance, the campus life and health support center offer consultations with physicians and counsellors and make referrals for mental health consultations.

However, some students may hesitate such consultations because they are nervous about the possible questions they would be asked, or because they do not know how to explain their problems.

Therefore, we have summarized some common mental and physical issues that students experience. If you find anything that fits what you or your friends are experiencing, please contact the campus life and health support center. You may not be experiencing any of these conditions today, but it would be good to know. Please take your time and read this list.



Welcome everyone

[Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00

○<http://www.chc.kyusyu-u.ac.jp/>

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Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

Source: Center for Health Sciences and Counseling, Kyushu University.

Illustration by Chiyo Inoue

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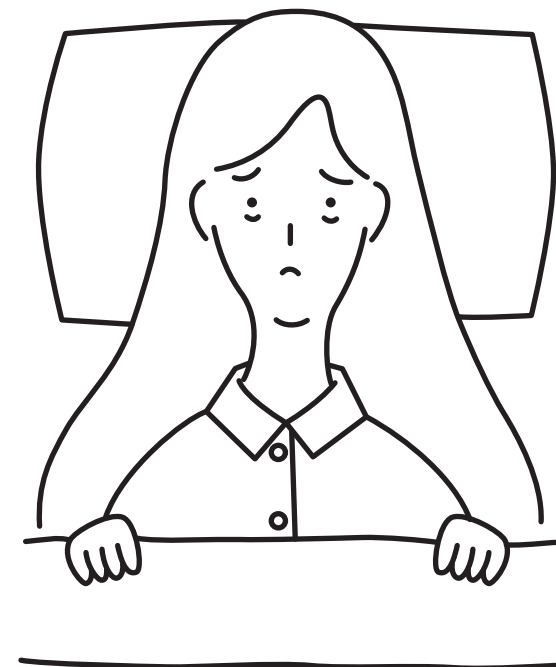
Selfcare



For students

Mental and physical health 1

Sleep disorder



This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

Kyushu University

Center for Health Sciences and Counseling

Sleep disorder

There are different types of sleep abnormalities. When the abnormality in amount and quality of sleep becomes extreme, and begins to cause suffering and interfere with daily lives, it is considered a disorder (disease).

1. Diagnostic classification of sleep disorders

There are several diagnostic classifications for sleep disorders, but the standard classification is the International Classification of Sleep Disorders (ICSD). This classification was jointly prepared by the American Sleep Association with the Japanese Society of Sleep Research and European Sleep Research society. It is the most detailed classification that summarizes many sleep-related disorders in the clinical field. However, in routine diagnosis at hospitals and clinics, patients are being diagnosed and treated based on simpler and more practical classifications of psychological disorders and diseases.

2. Classification of sleep disorders (diseases)

(1) Sleep disorders caused by physical diseases or psychological disorders.

Just as physical pain could prevent you from sleeping, symptoms of physical diseases manifesting at night could prevent you from sleeping as well. There are many symptoms that make sleeping difficult, such as difficulty with breathing, nausea and vomiting, diarrhea, stomach ache, need to urinate often, and itching. As we know, being troubled, or expecting an exciting or worrisome event for the following day, could prevent sleep. It is very normal to lose sleep due to mental issues or psychological diseases. Brain diseases can cause neurological disorders with movements or sensations, and/or psychological disorders with emotions and thinking. Since sleep is a function of the brain, sleep-related problems are expected for brain diseases.

(2) Sleep disorders with unknown causes.

There are many sleep abnormalities with unknown causes. Since sleep itself is a function of the brain, sleep abnormalities with unknown causes likely have problems in the brain function.

3. Classification of sleep abnormalities

(1) Abnormalities in sleep itself (dyssomnias)

Problems with the amount, quality, and timing of sleep. Since sleep exists as there are times we are awake, problems with sleep and wakefulness are two sides of the same coin. Symptoms associated with sleep are classified as follows based on the major issues.

①Insomnia

Insomnia refers to insufficient amount of sleep. Depending on the stage at which one is lacking in sleep, it is classified as difficulty faced in falling asleep, waking up many times at night, waking up earlier than expected, and unrefreshing sleep.

②Hypersomnia

This is when one sleeps excessively. It is not referring to sleeping during the following day after a sleepless night. It is also problematic if you fall asleep when you are not supposed to. A famous condition is called narcolepsy, where one falls asleep suddenly in the middle of any situation. Those suffering from narcolepsy have no control over their sleep. If the brain is fatigued from long hours of labor or exhaustion, long hours of sleep may be necessary. In some cases, depression can lead to excessive sleeping.

③Disorder of sleep-wakefulness schedule (circadian rhythm disorders)

It refers to disorders in which the timing of sleep is abnormal, which interferes with social functions such as work. It includes cases where one does not sleep at night but in early morning and wakes up in the middle of the day (delayed sleep phase syndrome) and cases where one sleeps earlier but wakes up in the middle of the night (advanced sleep phase syndrome). It also includes people insomnia due to working night shifts and jet lag.

(2) Parasomnias

Abnormal phenomena during sleep, which includes nightmares, sleep walking, and sleep paralysis.

4. Guideline for appropriate sleep duration

There is no standard for a normal duration of sleep. Even if the duration is short, it is not concerning if it does not cause any problem related to drowsiness, activity, and focus in daily lives. However, considerable data show that sleep of less than six hours is usually associated with various mental and physical problems. Furthermore, sleeping for more than eight hours is also associated with similar problems.

5. Treatment for sleep disorders

If the cause of sleep disorder is known, the treatment should focus on removing this cause. Insomnia often has unknown causes; therefore, unless it is a unique sleep disorder, the treatment usually focuses on improving the symptoms.

In other words, patients are given sleep aids (it may be called sleep-inducing agents). Today, addictive sleep aids are no longer being prescribed, and can be discontinued as soon as the symptoms improve. Therefore, patients can safely use these sleep aids.