

INTERNATIONAL CLASSIFICATION OF SLEEP DISORDERS (ICSD)

睡眠障害の国際分類

by ASDA in USA, 1990

A軸系

1.睡眠異常 DYSSOMNIAS

A.内因性睡眠障害 Intrinsic Sleep Disorders

- 1.精神生理性不眠症 Psychophysiological Insomnia 307.42-0
- 2.睡眠状態誤認 Sleep State Misperception 307.49-1
- 3.特発性不眠症 Idiopathic Insomnia 780.52-7
- 4.ナルコレプシー Narcolepsy 347
- 5.間欠性(周期性)過眠症 Recurrent Hypersomnia 780.54-2
- 6.特発性過眠症 Idiopathic Hypersomnia 780.54-7
- 7.外傷後性過眠症 Posttraumatic Hypersomnia 780.54-8
- 8.閉塞性睡眠時無呼吸症候群 Obstructive Sleep Apnea Syn. 780.53-0
- 9.中枢性睡眠時無呼吸症候群 Central Sleep Apnea Syndrome 780.51-0
- 10.中枢性肺泡低換気症候群
Central Alveolar Hypoventilation Syndrome 780.51-1
- 11.周期性四肢運動障害 Periodic Limb Movement Disorder 780.52-4
- 12.レストレス・レッグ 症候群 Restless Legs Syndrome 780.52-5
- 13.特定不能な内因性睡眠障害
Intrinsic Sleep Disorder NOS 780.52-9

B.外因性睡眠障害 Extrinsic Sleep Disorders

- 1.不適切睡眠衛生 Inadequate Sleep Hygiene 307.41-1
- 2.環境性睡眠障害 Environmental Sleep Disorder 780.52-6.
- 3.高度不眠症 Altitude Insomnia 289.0
- 4.適応 睡眠障害 Adjustment Sleep Disorder 307.41-0
- 5.不十分睡眠症候群 Insufficient Sleep Syndrome 307.49-4
- 6.限度設定睡眠障害 Limit-Setting Sleep Disorder 307.42-4
- 7.入眠時随伴障害 Sleep-Onset Association Disorder 307.42-5
- 8.食物アレルギー性不眠症 Food Allergy Insomnia 780.52-2
- 9.夜間摂食症候群 Nocturnal Eating (Drinking) Syndrome 780.52-8
- 10.催眠剤依存性睡眠障害 Hypnotic-Dependent Sleep Disorder 780.52-0
- 11.刺激剤依存性睡眠障害
Stimulant-Dependent Sleep Disorder 780.52-1
- 12.アルコール依存性睡眠障害
Alcohol-Dependent Sleep Disorder 780.52-3
- 13.毒物因性睡眠障害 Toxin-Induced Sleep Disorder 780.54-6
- 14.特定不能の外因性睡眠障害
Extrinsic Sleep Disorder NOS 780.52-9

C. 概日リズム性睡眠障害

- 1.時差帯域移動症候群(ジェット時差症候群)
Time Zone Change (Jet Lag) Syndrome 307.45-0
- 2.交代勤務睡眠障害 Shift Work Sleep Disorder 307.45-1
- 3.不規則型睡眠覚醒障害 Irregular Sleep-Wake Pattern 307.45-3
- 4.睡眠相遅延症候群 Delayed Sleep Phase Syndrome 780.55-0
- 5.睡眠相前進症候群 Advanced Sleep Phase Syndrome 780.55-1
- 6.非24時間型睡眠覚醒障害
Non-24-Hour Sleep-Wake Disorder 780.55-2
- 7.特定不能の概日リズム性睡眠障害
Circadian Rhythm Sleep Disorder NOS 780.55-9

2.睡眠時異常行動 PARASOMNIAS

A. 覚醒障害 Arousal Disorders

- 1 もうろう覚醒 Confusional Arousals 307.46-2 錯乱覚醒
- 2.睡眠遊行症 Sleepwalking 307.46-0 夢遊病
- 3.睡眠驚愕症 Sleep Terrors 307.46-1 夜驚症

B.睡眠覚醒移行障害 Sleep-Wake Transition Disorders

- 1.律動性運動障害 Rhythmic Movement Disorder 307.3
- 2.睡眠跳起症 Sleep Starts 307.42-2
- 3.寝言 Sleep Talking 307.42-3
- 4.夜間むずむず脚 Nocturnal Leg Cramps 729.82 むずむず脚症候群

C. 通常REM睡眠に伴う睡眠時異常行動

Parasomnias Usually Associated with REM Sleep

- 1.悪夢 Nightmares 307.47-0
- 2.睡眠麻痺 Sleep Paralysis 780.56-2
- 3.睡眠関連陰茎勃起不全
Impaired Sleep-Related Penile Erections 780.56-3
- 4.睡眠関連疼痛性勃起 Sleep-Related Painful Erections 780.56-4
- 5.REM睡眠関連洞停止 REM Sleep-Related Sinus Arrest 780.56-8
- 6.REM睡眠行動障害 REM Sleep Behavior Disorder 780.59-0

D. その他の睡眠時異常行動 Other Parasomnias

- 1.睡眠歯ぎしり症 Sleep Bruxism 306.8
- 2.睡眠遺尿症 Sleep Enuresis 780.56-0 夜尿症
- 3.睡眠関連異常嚥下症候群
Sleep-Related Abnormal Swallowing Syndrome 780.56-6

- 4.夜間発作性ジストニア NocturnalParoxysmalDystonia 780.59-1
- 5.説明不能な夜間突然死症候群
Sudden Unexplained Nocturnal Death Syndrome 780.59-3
- 6.原発性いびき Primary Snoring 780.53-1
- 7.小児睡眠時無呼吸 Infant Sleep Apnea 770.80
- 8.先天性中枢性低換気症候群
Congenital Central Hypoventilation Syndrome 770.81
- 9.小児突然死症候群 Sudden Infant Death Syndrome 798.0
- 10.良性新生児睡眠ミオクローヌス
Benign Neonatal Sleep Myoclonus 780.59-5
- 11.その他の特定不能な睡眠時異常行 Other Parasomnia NOS 780.59-9

3.身体疾患や精神障害に伴う睡眠障害

A. 心の障害に伴う睡眠障害

Associated with Mental Disorders 290-319

- 1.精神病 Psychoses 292-299
- 2.気分障害 Mood Disorders 296-301
- 3.不安障害 Anxiety Disorders 300
- 4.恐慌性障害 Panic Disorder 300
- 5.アルコール依存症 Alcoholism 303

B.神経学的障害に伴う睡眠障害

Associated with Neurological Disorders 320-389

- 1.大脳変性性障害 Cerebral Degenerative Disorders 330-337
- 2.痴呆症 Dementia 331
- 3.パーキンソン病 Parkinsonism 332-333
- 4.致死性家族性不眠症 Fatal Familial Insomnia 337.9
- 5.睡眠関連てんかん Sleep-Related Epilepsy 345
- 6.睡眠時電氣的てんかん重積
Electrical Status Epilepticus of Sleep 345.8
- 7.睡眠関連頭痛 Sleep-Related Headaches 346

C.他の身体疾患に伴う睡眠障害

Associated with Other Medical Disorders

- 1.眠り病 Sleeping Sickness 086
- 2.夜間型心筋梗塞 Nocturnal Cardiac Ischemia 411-414
- 3.慢性閉塞性肺疾患
Chronic Obstructive Pulmonary Disease 490-494
- 4.睡眠関連喘息 Sleep-Related Asthma 493

5.睡眠関連食道胃逆流

Sleep-Related Gastroesophageal Reflux 530.1

6.胃潰瘍症 Peptic Ulcer Disease 531-534

7.繊維筋炎性症候群 Fibrositis Syndrome 729.1

4.思案中の睡眠障害 PROPOSED SLEEP DISORDERS

1.短時間睡眠者 Short Sleeper 307.49-0

2.長時間睡眠者 Long Sleeper 307.49-2

3.亜覚醒症候群 Subwakefulness Syndrome 307.47-1

4.断片型ミオクローヌス Fragmentary Myoclonus 780.59-7

5.睡眠時発汗症 Sleep Hyperhidrosis 780.8

6.月経時随伴睡眠障害

Menstrual-Associated Sleep Disorder 780.54-3

7.妊娠時随伴睡眠障害

Pregnancy-Associated Sleep Disorder 780.59-6

8.恐慌型入眠時幻覚

Terrifying Hypnagogic Hallucinations 307.47-4

9.睡眠関連神経因性呼吸促迫

Sleep-Related Neurogenic Tachypnea 780.53-2

10.睡眠関連喉頭けいれん

Sleep-Related Laryngospasm 780.59-4

11.睡眠時窒息症候群 Sleep Choking Syndrome 307.42-1