

Sleep Disorders

1) Sleep Walking and sleep talking:

- NREM (Stage 4 mostly)
- Not harmful
- Do wake a person who is sleep walking
- Common in children
 - i. In adults Caused by stress and fatigue and sleep deprivation
- May be inherited

2) Insomnia:

- Trouble falling/staying asleep
- 35 million Americans
- Caused by stress and depression

3) Sleep Apnea

- Trouble breathing/staying asleep
 - After an airless minute or so decreased blood oxygen arouses them and they wake up enough to “snort” in air for survival
 - Repeated 100s of times a night
 - Never really get deep sleep
- 1 in 20 people
 - But really only recently full realized...needed the modern sleep research
- Exhaustion during the day
- Severe cases can cause death
- Treated with a masklike device with an air pump that keeps the sleeper’s airway open

4) Narcolepsy

- Daytime disorder (1 out of 2000)
- Periodic, overwhelming sleepiness
- Move from awake to REM (usually less than 5 mins, but can be as long as 20 mins at a time)
 - Remember REM= loss of muscular tension
- Brain disease
 - Caused by a problem with neurotransmitter for alertness in the hypothalamus

5) Night Terrors

- Sleep disruptions (Screaming, panic, confusion)
 - Most often affects children
 - Experience doubling of heart rate and breathing
- Stage 4