

# The Natural ApHeal

## SLEEP-WAKE DISORDERS

### Part 1

“Sleep-wake disorders encompass 10 disorders or disorder groups: insomnia disorder, hyper-somnolence disorder, narcolepsy, breathing-related sleep disorders, circadian rhythm sleep-wake disorders, non-rapid eye movement (NREM) sleep arousal disorders, nightmare disorder, rapid eye movement (REM) sleep behavior disorder, restless legs syndrome, and substance/medication-induced sleep disorder.” (DSM-5)

Sleep disorders (or sleep-wake disorders) involve problems with the quality, timing, and amount of sleep, which result in daytime distress and impairment in functioning.(psychiatry.org)

There are two types of sleep that generally occur in a pattern of three-to-five cycles per night. Your body typically works on a 24-hour cycle (circadian rhythm) that helps you know when to sleep. Lack of sleep and too much sleep are linked to many chronic health problems, such as heart disease and diabetes.

#### **Rapid eye movement (REM) – when most dreaming occurs**

Rapid eye movement (REM) sleep behavior disorder involves episodes of arousal during sleep associated with speaking and/or movement. These behaviors arise during REM sleep and usually occur more than 90 minutes after falling asleep.

#### **Non-REM – has three phases, including the deepest sleep**

Non-rapid eye movement (NREM) sleep arousal disorders involve episodes of incomplete awakening from sleep, usually occurring during the first third of a major sleep episode, and are accompanied by either sleepwalking or sleep terrors.

#### **Sleep Hygiene: Healthy sleep tips to address sleep problems.**

**Exercise daily**

**Avoid** alcohol, caffeine and heavy meals in the evening

**Stick to a sleep schedule** - same bed time and wake up time even on the weekends

**Allow your body to wind down with a calming activity** - such as reading away from bright lights; avoid electronic devices

**Avoid naps** especially in the afternoon

**Pay attention to bedroom environment** (quiet, cool and dark is best) and your mattress and pillow (should be comfortable and supportive)