

Sleep Disorders

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- Mysterious disturbances that happen during stages 3 & 4.
 - The person's eyes may open, but they are not aware of it.
 - Once the terror is over the person will go back to sleep and not remember it.

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- Frightening sleep that usually awakens the sleeper during REM sleep.
 - Immediate recall of the frightening dream.
 - Alertness is full immediately upon waking, with little confusion or disorientation.

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- Walking that occurs during sleep. The onset typically occurs in children.
 - 18% of population sleepwalks
 - If sleepwalking starts at an early age, the person usually outgrows it.
 - Those who start sleep walking after age 9, will usually sleep walk as an adult.

What happens during sleep walking:

- Difficult to wake person
- _____ after episode
- Sleep _____ can occur
- The range of episodes can occur from sitting up in bed or walking around the room to running or screaming.
- Some urinate in inappropriate places.
- May use obscene words they wouldn't normally use.
- Can fall and injure self.

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- Disagreeable leg sensations, usually prior to falling asleep, that can cause an irresistible urge to move legs. Getting up and walking around helps.
 - RLS sufferers say it feels like:
 - Crawling sensation
 - A creeping inside the calves
 - _____ and _____ in the legs
 - An urge to constantly move legs

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- A noise that is produced during sleep which in turn causes vibration of the soft palate and the uvula.
 - All snorers have incomplete obstruction of the upper airway.
 - Complete obstruction of airway is _____.
 - Primary snoring – continuous and rhythmical snoring without episodes of apnea.

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- Utterance of sounds or speech during sleep without awareness of the event.
 - No one knows what causes it.
 - Can occur in any stage of sleep.
 - Some people carry on _____, while others just moan and make other sounds.
 - Can be caused by fevers, anxiety and stress.
 - Can be associated with sleep walking.

Other sleep disorders

- _____
 - Inability to fall asleep or stay asleep.
- _____
 - Affected people stop breathing during sleep and wakes them up when they gasp for air.
- _____
 - Suddenly fall asleep and lose muscle tone at unpredictable times during the day.
- _____
 - Grinding or clenching teeth.
 - Abnormal wear on the teeth or jaw muscle discomfort.