## Sleep Disorders

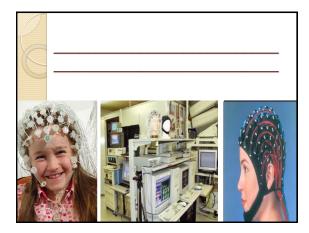
MODULE 6 OBJECTIVES-

What are Sleep Disorders?

- Narcolepsy
- Insomnia
- Sleep apnea
- Night terrors
- Sleep walking

Many individuals suffer from undiagnosed and untreated sleep disorders that leave them feeling unmotivated and exhausted through the day (Ohayon, 2009).

and about 25% of children under the age of 5 have sleep disturbance.



Sleep Disorders		
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Main symptoms:     Fall asleep suddenly and unexpectedly		



## Sleep Disorders

- Sleep apnea causes airflow into the lungs
- The sleeper stops breathing, chokes, then wakens briefly. Rather than choking awake, some choke and die.
- Consequences of apnea:
- Memory loss
- Suffer from severe headaches or work-related accidents.

# Who's effected by this sleep disorder?

- This disorder is fairly common, 33% of the population experience symptoms of sleep apnea.
- Middle-aged, overweight men are at risk, but even children can have this disorder.



## I just CAN'T sleep!!

disorders effecting as many as one in ten people each year!



### Insomnia

- Insomnia involves problems in going to
- People with insomnia may actually sleep as much as norm, but quality of sleep

#### Night Terrors

- Night Terrors is a sleep disorder in which a person experiences
  - Scream, breathe rapidly appear awake- yet person is not fully conscious
- This disorder is most common in children between ages \_\_\_\_\_ and disappears as the child grows older.



	ust BAD nightmares?	
6-12 ye age and	Sleepwalking  Uking is common in children ars old. It may occur at any it appears to run in families.	
Sleepwal	king Urban Legend	
There is no dan most likely you deeply asleep.	ger in waking a sleepwalker. cannot because they are so	

What's Next?  • How do we learn?	