

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

- _____

- Main symptoms:

- Fall asleep suddenly and unexpectedly

- _____



Sleep Disorders

- Sleep apnea causes airflow into the lungs

- The sleeper stops breathing, chokes, then awakens 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.



Are these just BAD nightmares?

- _____



Sleepwalking



- Sleepwalking is common in children 6-12 years old. It may occur at any age and it appears to run in families.

- _____

- The incidence of sleepwalking decreases with age.

Sleepwalking Urban Legend

- _____

- There is no danger in waking a sleepwalker. most likely you cannot because they are so deeply asleep.

What's Next?

- How do we learn?
