


Sleep Disorders

MODULE 5 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).



The EEG is used to help diagnose sleep disorders




What is Narcolepsy?




Sleep Disorders

◆ People who experience sudden, uncontrollable episodes of sleep have Narcolepsy.

◆ Main symptoms:




Sleep Disorders




◆ Sleep apnea causes airflow into the lungs

- The sleeper stops breathing, chokes, then wakens briefly. Rather than choking awake,



◆ People with sleep apnea get _____




◆ 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.



I just CAN'T sleep!!

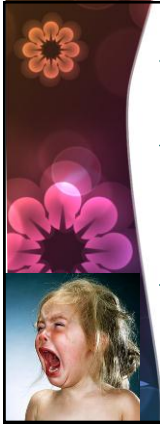
Insomnia is the most common sleep disorders effecting as many as one in ten people each year!



Insomnia

- ◆ *Insomnia* involves problems in going to

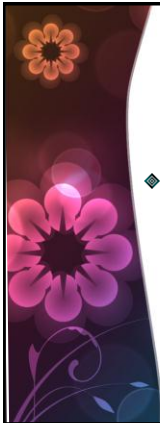
- ◆ People with insomnia may actually sleep as much as norm, but quality of



Night Terrors

- ◆ Night Terrors is a sleep disorder in which a person experiences symptoms of a _____
- ◆ The child can usually be seen sitting upright in state of sheer panic.

- ◆ This disorder is most common in children between ages 3-8 and disappears as the child grows older.




Are these just BAD nightmares?

- ◆ _____



Sleepwalking

- Sleep Disorder characterized by walking or other activity while seemingly still asleep.
- Sleepwalking is common in children 6-12 years old. It may occur at any age and it appears to run in families.



Sleepwalking

- Sleepwalkers are NOT acting out a dream-brainwave activity of sleepwalkers indicate that they are in
