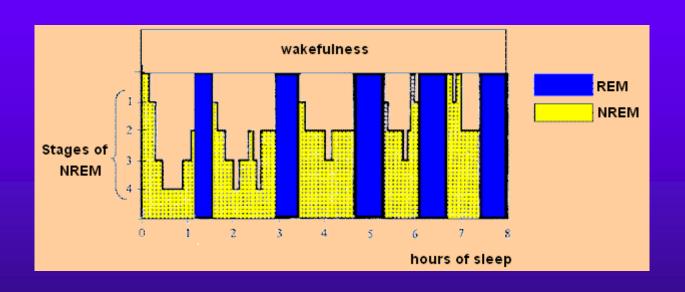# Sleep Disorders

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A typical night sleep

Functions of Sleep

1. Conservation of energy (5-25% ↓).

2. Restorative (G.H. ↑).

3. Safety.

4. Social bonding.

5. To dream.

Normal Sleep

♦ **Normal sleep consists of 1-4 series of phases of increasing depth(NREM) and REM phases.**

♦ **Each phase has a characteristic EEG.**

♦ **There is a decrease with age in sleep length.**

Non REM Sleep

Consists of 4 stages

- Difficulty of arousal in 3+4 stages.

- II stage = 45% of sleep.

- Stage II shows spindles and K complex.

Non REM Sleep

- Dropping in heart rate.
- Slowing in respiration.
- Decreasing in temp.
- Decreasing in BP.
- Night terror

REM Sleep

- Rapid eye movements
- Penile erection in men
- Loss of muscle tone .
- Ease of arousal.
- Occupies 30% of sleep in adults.
- Enuresis

Dreams

- **REM sleep dreams : sexual, clear, sleep paralysis, connected to external stimuli easy to be recalled.**

- **Nightmares**

- **Non REM sleep dreams : No recall(Night terrors).**

Normal Sleep

In the first cycle:

* 15-20 minutes to fall a sleep.
* Over the next 45 min. one descends to stage 3 & 4
* After 45 min. after stage 4 reaches the first REM period (REM latency = 45 + 45 = 90 min.)

As the night progresses:

* Each REM period gets longer.
* And stage 3+4 gets shorter until they disappear.
* Further into the night sleep becomes lighter and dreams become more.

Sleep and age:

* Nocturnal awakenings ↑

* Total sleep time ↓

* Time to fall a sleep ↑

* Dissatisfaction with sleep ↑

* Need for daytime naps ↑

* REM sleep ↓

Sleep Hygiene:

* Low light.

* No noise.

* Comfortable bed.

* No caffeine before sleep.

* No large meal before sleep.

Sleep Hygiene:

  * Bed only for sleep.

  * Go to bed when sleepy.

  * Get up if awake after 10 min.

  * Regular bedtimes and rising times.