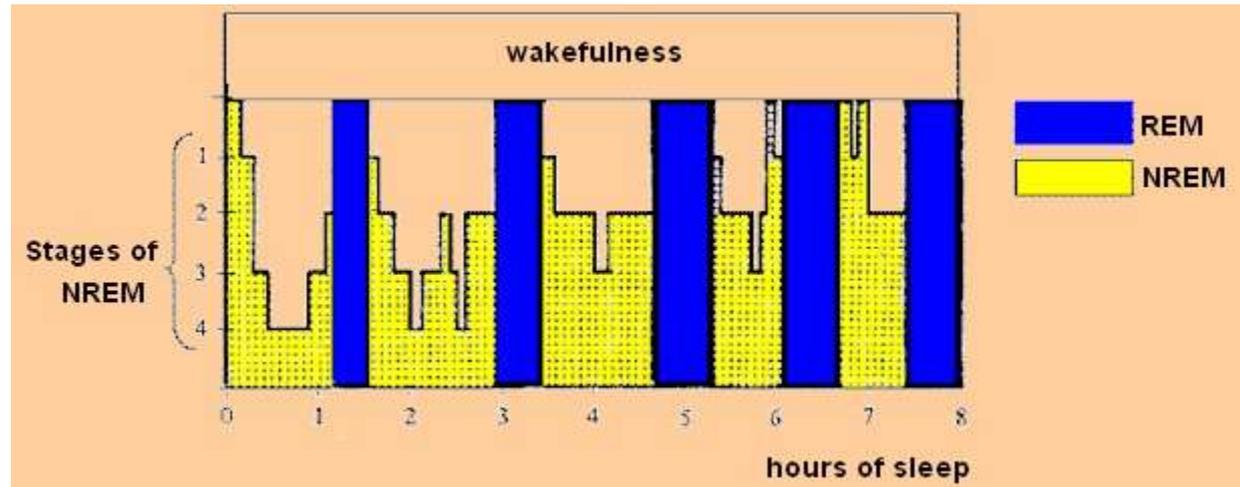


Sleep Disorders

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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.**

Thanks