

PARASOMNIAS (p.1)

1. Definition

clinical disorders that are not abnormalities of the process responsible for sleep & wake states, but rather are **undesirable phenomena that occur predominantly during sleep** (but should be occurring only in wakefulness)

are disorders of arousal, partial arousal, & sleep-stage transition
many are manifestations of CNS activation, & especially of ANS and somatic NS activity

“things that go bump in the night”

2. Arousal Disorders

a. Sleepwalking

other terms: somnambulism, semipurposful automatism

definition: consists of a series of *complex behaviors* that are *initiated during SWS* and result in *walking during sleep*

associated features

course

predisposing factors

prevalence

age of onset

familial pattern

pathology

PSG features

treatment

differential diagnosis

b. Sleep Terrors

other terms: pavor nocturnes, incubus, night terrors

definition: characterized by a *sudden arousal from SWS* with a *piercing scream or cry*, accompanied by *ANS and behavioral signs of intense fear*

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2. Arousal Disorders (cont.)

b. Sleep Terrors (cont.)

associated features

course

predisposing features

age of onset

sex ratio

familial pattern

pathology

PSG features

treatment

differential diagnosis

c. Confusional Arousals

other terms: sleep drunkenness, excessive sleep inertia

definition: *confusion during & following arousals from sleep, usually from deep sleep (stages 3&4) in the first part of the night*

course

predisposing factors

prevalence

familial pattern

pathology

complications

PSG features

treatment

differential diagnosis

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3. Sleep-Wake Transition Disorders

occur in transition from W to S, from S to W, or between sleep stages
are seen in otherwise healthy Ss, and are thus not considered to be of
great concern or to be “pathological”
can be of embarrassment to S, can disturb the sleep of the bedpartner

a. Rhythmic Movement Disorder

other terms: headbanging, headrolling, bodyrocking, bodyrolling

b. Sleep Starts

other terms: hypnic jerks, hypnagogic jerks

c. Sleep Talking

other terms: somniloquy, moans, verbalization

d. Nocturnal Leg Cramps

other terms: leg cramps, “charley horse”