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, semipurposeful automatisms
      **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
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”