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VIDEO GUIDE · UNIT 1 · TOPIC 1.5

Sleep Disorders

Watch the lesson

Name _____ Class _____ Date _____

NOTES: FILL IN THE BLANKS WHILE YOU WATCH

Trouble sleeping or staying awake

1. _____ is persistent difficulty falling asleep, staying asleep, or getting restful sleep. SOMN means sleep, so the name means "without sleep."
2. _____ involves excessive daytime sleepiness and sudden episodes of sleep; like narcotics, it can make a person seem suddenly drugged.
3. In _____, breathing repeatedly stops and starts during sleep, briefly waking the person, often without them realizing it.

Moving while asleep

4. _____ is sleepwalking (AMBUL means to walk). It typically occurs during deep NREM sleep.
5. In _____, the normal REM paralysis is missing, so people physically act out their dreams.

CHECK YOUR UNDERSTANDING

1. A teen's parents find him in the kitchen at 1 a.m., opening cabinets with a blank stare. He remembers nothing the next morning. This most likely began during:

(A) Deep NREM sleep
(B) NREM stage 1
(C) REM sleep
(D) Wakefulness

2. A man is sure he gets eight solid hours a night, but he wakes up groggy and unrefreshed. An overnight sleep study shows he briefly wakes dozens of times, though he remembers none of it. Which disorder best fits?

(A) Insomnia
(B) Narcolepsy
(C) Sleep apnea
(D) Somnambulism

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3. A student's grades and mood improve after his sleep apnea is treated. Which idea best explains this?

(A) Sleep disorders only affect what happens in the bedroom

(B) Disrupted sleep can affect how we think, feel, and function when awake

(C) Treatment increased his REM paralysis

(D) Treatment turned his insomnia into normal sleep

NOTES

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