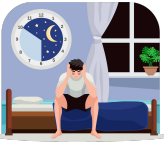





CONCEPT: SLEEP DISORDERS

- ◆ Sleep disorders are conditions that interrupt _____ patterns of sleep.
 - There are over 80 disorders and approximately ____ million people suffer from 1 or more of them.
 - Between ____ to ____ of college students report being sleepy or suffering from a sleep-related condition.

Sleep Disorders			
1 - Insomnia		<ul style="list-style-type: none">◆ Being unable to _____ or stay asleep◆ Linked to:<ul style="list-style-type: none">▸ Depression▸ Heart Disease▸ Excessive stress	2 - Sleep Apnea
3 - Narcolepsy		<ul style="list-style-type: none">◆ Neurological disorder affecting _____ - _____ cycles.▸ Cataplexy and paralysis▸ Hallucinations	
		4 - Restless Leg Syndrome	
		<ul style="list-style-type: none">◆ Breathing disorder that lasts at least ____.▸ Obstructive Sleep Apnea:<ul style="list-style-type: none">- _____ throat muscles & tongue.▸ Central Sleep Apnea:<ul style="list-style-type: none">- Brain to muscle _____.	<ul style="list-style-type: none">◆ Neurological disorder that causes sensations in legs.▸ Feelings of discomfort and/or pain.

EXAMPLE

Which of the following statements is false?

- a) Jet lag happens when our circadian rhythm is interrupted.
- b) Obstructive sleep apnea is the more common form of sleep apnea.
- c) An excessive release of melatonin will lead to insomnia.
- d) A narcoleptic person may experience a loss of voluntary muscle tone called cataplexy.

PRACTICE


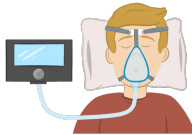


In the Shakespearean play *Othello*, the character Cassio is a “teetotaler”, a person who never drinks alcohol. Iago, the villain of the play, manipulates him into going out for a drink. With a low tolerance and some tiredness, Cassio calls it a night quite early. Which of the following sleep disorders could have been a potential risk for Cassio?

- a) Restless Leg Syndrome
- b) Narcolepsy
- c) Obstructive Sleep Apnea
- d) REM Sleep
- e) Central Sleep Apnea

CONCEPT: SLEEP DISORDERS

Treatment of Sleep Disorders

◆ Many sleep disorders do not have cures, but treatments exist that can _____ symptoms.

Sleep Disorder Treatments			
1 - Insomnia	<ul style="list-style-type: none">◆ Exercise◆ Meditation◆ Cognitive Behavioral Theory (CBT)<ul style="list-style-type: none">▸ Thought _____	2 - Sleep Apnea	<ul style="list-style-type: none">◆ Continuous Positive Airway Pressure (CPAP):<ul style="list-style-type: none">▸ _____ is forced into the nose to open airways.◆ Diet
			
3 - Narcolepsy	<ul style="list-style-type: none">◆ _____ medications◆ Anti-depressants◆ Behavioral therapy	4 - Restless Leg Syndrome	<ul style="list-style-type: none">◆ Leg massages◆ Heating pads◆ _____ Tobacco and alcohol use
			

EXAMPLE

Jamie has her final exam tomorrow morning and is unable to fall asleep. She knows that without proper rest she will not perform to the best of her abilities. Which of the following coping strategies could Jamie employ to help her get to sleep?

- a) Fasting the rest of the night.
- b) Scroll through her favorite influencer accounts.
- c) Taking a medication to stimulate her central nervous system.
- d) Try and refocus her thoughts onto something else.
- e) Continue to study the rest of the night.

PRACTICE

The use of warm compresses, stretching techniques, and a decrease in alcohol consumption can help to mitigate the effects of which of the following sleep disorders?

- a) Insomnia
- b) Restless Leg Syndrome
- c) Schizophrenia
- d) Night Terrors
- e) Narcolepsy