



# Health Virtual Learning

## Chapter 7.3 Common Sleeping Problems

# Truman High School

5/6/2020



Lesson: 5/6/2020

## Objective/Learning Target:

1. **Recognize symptoms of common sleep disorders.**
2. **Explain factors that may contribute to sleep disorders.**
3. **Identify treatments for common sleep disorders.**

# Insomnia

- An inability to fall asleep or stay asleep
- Acute (short-term) insomnia
  - Common condition
  - Caused by daily stressors
- Chronic (long-term) insomnia
  - Lasts a month or longer
  - May be related to another health problem



# Parasomnia

- Sleep disorders that occur when people are partially, but not completely, aroused from sleep
- Can occur when people are
  - First falling asleep
  - Between sleep stages
  - Aroused from sleep



# Nightmares

- Highly disturbing dreams associated with negative feelings
- Many possible causes –Daily life stresses or major changes
  - Trauma, such as an accident or injury
  - Exposure to books or movies right before sleep
  - Illness, especially if accompanied by a fever
  - Alcohol, illegal drugs, and some medications



# Think Further...

Sleepwalking is a sleep disorder that leads people to get out of bed and walk around while they are in a state of deep sleep.

*Will a person who sleepwalks typically remember the experience?*

*What are some factors that may cause sleepwalking?*

# Teeth Grinding

- Bruxism is a condition in which a person grinds or clenches his or her teeth while sleeping
- Teeth grinding can lead to tooth damage, a sore jaw, or headaches
- Reducing caffeine may be helpful



# Sleep Apnea

- A disorder in which a person stops breathing for short periods during sleep
- Two types
  - Obstructive
  - Central
- People with sleep apnea can suffer numerous side effects





# Narcolepsy

- A disorder that causes people to have difficulty regulating their sleep
- May cause sleep attacks at various times of the day
- Can be treated with drugs that help control the symptoms

# Sleep Attacks - Critical Thinking...

*What might be some dangerous consequences of having sleep attacks?*

*What may sometimes trigger sleep attacks?*