

These Slides Accompany the YouTube Video Tutorial:
<https://www.youtube.com/watch?v=0D4ogv5b2NQ>

Adaptive Theory of Sleep

- *Product of Evolution*

Restorative Theory of Sleep

- *Must for Physical Health of Body*

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Dual Process Hypothesis of Sleep

- Refresh Brain
- Restore Memory

Sleep Disorders

- Hypersomnia: Excessive daytime sleepiness (drug abuse, insomnia, depression)
- Insomnia: Inability to get to sleep, stay asleep, or get good quality sleep
- Narcolepsy: Sudden onset of REM sleep during otherwise waking hours
- Circadian rhythm disorders: Disturbances of the sleep–wake cycle such as jet lag and shift work
- Enuresis: Urinating while asleep in bed

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Sleep Disorders

- Sleep Apnea: Loud snoring and stopped breathing (cause of SIDS)
- Night terrors/Nightmare Disorders: Extreme fear, agitation, screaming while asleep
- Somnambulism: Sitting, walking, or performing complex behavior while asleep
- Restless leg syndrome: Uncomfortable sensations in legs causing movement and loss of sleep
- Nocturnal leg cramps: Painful cramps in calf or foot muscles

Sleep Disorders

- Periodic limb movement syndrome: Muscle twitches (primarily legs) occur every 20-40 seconds & disturb sleep.
- REM behavior disorder: Failure of normal muscle paralysis causing violent actions during REM sleep.
- Sleep-wake schedule disorder
- Sleep Drunkenness: Slow transition to consciousness after awakening

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Remedial Measures

- *Paradoxical Intervention – Remove pressure of trying to sleep*
- *Relaxation*
- *Exercise*
- *Food Intake:*
- *Stimulus Control*
- *Sleep Restrictions: For insomnia*
- *Imagery rehearsal: For nightmares*