



NR 547 PEER SUPPORT: WEEK SLEEP DISORDERS AND SEXUAL DYSFUNCTION

SLEEP-WAKE DISORDER

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❖ The sleep cycle

- ❖ Stage 1- Drowsy, Short period of non-REM, drowsiness, drowsiness, drowsiness; eye movements, breathing, and heart rate slow, twitches occur.
- ❖ Stage 2- Light Sleep, brain activity slows, sleep spindles occur; stops;
- ❖ Stage 3- Moderate to Deep Sleep, heartbeat and breathing slow, and muscles relax, more challenging to wake, brain waves are present
- ❖ Stage 4- Deep Sleep, brain waves are almost exclusively delta waves; sleepwalking
- ❖ Stages 3 and 4 are necessary to feel rested in the morning;
- ❖ Stage 5- REM sleep occurs approximately 90 minutes after falling asleep; rapidly from side to side with eyes closed; breathing is irregular; blood pressure are similar to waking levels; most dreaming can occur; REM sleep decreases with age

INSOMNIA

- ❖ One of the most common sleep disorders
- ❖ Includes:
 - ❖ Dissatisfaction with sleep quantity or quality
 - ❖ Complaints of difficulty initiating or maintaining sleep
- ❖ **What criteria must be present to confirm a diagnosis of insomnia?**
- ❖ Persistent insomnia is associated with decreased concentration, attention, and quality of life; increased irritability; and long-term effects
 - ❖ **What are some long term effects persistent insomnia is associated with?**

HYPERSONNOLENCE DISORDER

- ❖ Term used to classify excessive quantity of sleep, difficulty staying awake, and difficulty
- ❖ May get adequate hours of sleep at night and still not feel rested
- ❖ What are some signs and symptoms of this disorder

NARCOLEPSY

- ❖ Recurrent periods of napping or falling warning several times per day
- ❖ Narcolepsy may be accompanied by bilateral loss of muscle tone triggered by emotions, particularly laughter or
- ❖ What deficiency might be seen in narcolepsy?
- ❖ Which type of diagnostic testing is performed in order to make a narcolepsy diagnosis?

BREATHING-RELATED DISORDERS

❖ Include:

- ❖ Obstructive sleep apnea (OSA)
- ❖ Central sleep apnea (CSA)
- ❖ Sleep related hypoventilation

❖ What are risk factors of OS

❖ Clients with breathing sleep disorders typically with what signs and symptoms

CIRCADIAN RHYTHM WAKE DISORDERS

- ❖ What are circadian rhythms?
- ❖ When do Circadian rhythm sleep- wake disorder occur?
- ❖ Circadian rhythm sleep wake disorders may cause excessive daytime sleepiness, insomnia, or both
- ❖ Who is at risk for this disorder?

PARASOMNIAS

- ❖ Parasomnias are abnormal behavioral, physiological, or experiential events that occur during sleep
- ❖ **May be diagnosed when they cause v**
- ❖ **Examples**
 - ❖ Non-REM sleep arousal disorders: sleep walking, sleep terrors
 - ❖ Nightmare disorder: repeated, vivid dreams
 - ❖ Are clients more likely to remember night terrors or nightmares?
 - ❖ REM sleep behavior disorders- vocalizations and physical behaviors
 - ❖ What are REM sleep disorders often a precursor of?
 - ❖ Restless leg syndrome- urges to move the legs



Issues During Sleep

- Waking up
- Loud snoring
- Stopping breathing
- Restlessness
- Sleep walking
- Vivid dreams
- Hallucinations
- Talking/screaming
- Violent movements

Is

- 1
- 2
- 3
- 4

RESTLESS LEG SYND

Dopamine agonists

- pramipexole (Mirapex), ropinirole (Requip)
- adverse effects: daytime somnolence, nausea

Iron

- Check serum iron levels.
- Provide supplementation if needed.

Gabapentin/pregabalin

- severe or painful RLS

