

Parasomnias

Parasomnia refers to a variety of disruptive sleep-related events that disrupt one's sleep and can lead to injury or disturbance of oneself or others in the bed or house. Parasomnias can often be effectively diagnosed and treated.

Parasomnias include:

- **Sleepwalking** - Sleepwalking seems to be a temporary sleep mechanism malfunction that occurs during deeper stages of sleep and tends to run in families. Sleepwalking affects mostly children and tends to go away after puberty. People who sleepwalk do not remember their nocturnal walk the next day.
- **Sleep talking** - Sleep talking is generally harmless and usually temporary, brought on by illness or stress. The sleeper has no memory of sleep talking. Sleep talking can sometimes be associated with sleep apnea or night terrors.
- **Night terrors** - Night terrors are more common in children and typically do not continue into adulthood. Night terrors are marked by a sudden awakening with physical behaviors associated with intense fear and last about 15 minutes after which the person goes back to sleep.
- **REM movement disorder** - In this type of disorder, the paralysis that normally occurs during REM sleep is incomplete or absent, allowing the sleeper to act out their dreams. This disorder is most common in men and can lead to violent behavior or injuries.

