

Module 4: States of Consciousness
Topic 1 Content: Sleep Disorders

Sleep Disorders



Click the **NEXT** button to explore information on sleep disorders.

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Background



How have you been impacted by sleep deprivation?

- Felt less productive
- Made more errors on tasks
- Felt irritable and moody
- Fatigued
- Had increased body fat
- Weakened immune system
- Forgetful

type how these consequences of sleep deprivation have affected or could affect specific areas of your life

Impacts of sleep deprivation are serious. Take a moment to read the consequences that may arise if you do not get enough sleep. Click on the box next to the items you have experienced in the past. Then, use the blank space provided to explain how these negative repercussions have or could affect specific areas of your life.

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Background Continued



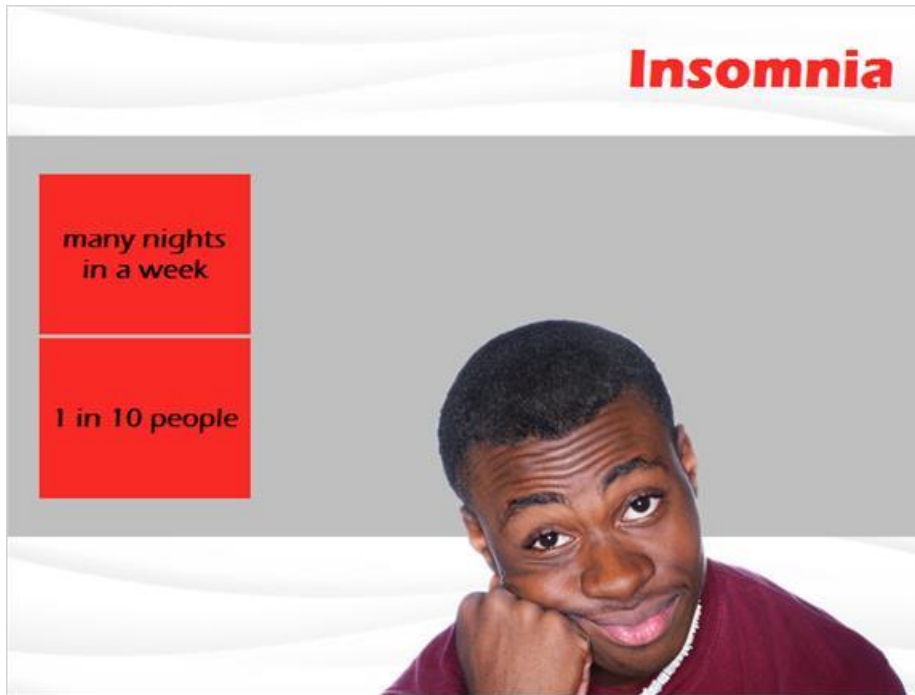
Take a moment to review your ideas about ways your life can be or already is affected by sleep deprivation. Perhaps your lack of sleep is occasional, but maybe it is caused by one of the many sleep disorders you will learn about in this interactivity. As you delve into details on sleep disorders, keep in mind how your life would change if you rarely had a good night's rest.

Click the **NEXT** button to continue.

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Insomnia

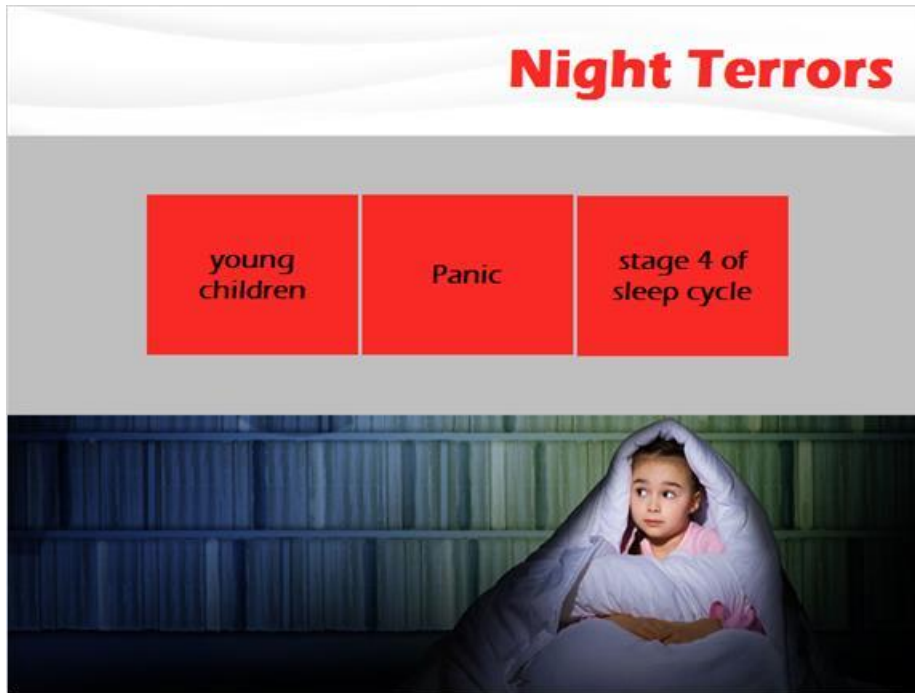


An occasional restless night of sleep is annoying to anyone; however, those suffering from insomnia experience many nights a week where they either cannot fall asleep, or wake up during the night and cannot return to sleep. Insomnia is common; around one person in ten suffers from this sleep disorder.

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Night Terrors



Night terrors typically affect young children. They might cry out in their sleep or briefly awaken, feeling panicked. Unlike a nightmare, which is a vivid REM dream, night terrors occur during stage four and produce vague images coupled with a racing heartbeat.

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Sleep Apnea



Affecting four percent of the population, sleep apnea is more common among overweight, middle-aged males. The most obvious symptom is loud snoring. While sleeping, the airway of someone with sleep apnea closes, causing the sufferer to gasp for air. Sufferers are forced to awaken to begin breathing, but do not recall anything about the experience the next morning. They also awaken feeling sleep deprived, because their sleep has been interrupted as many as three hundred times a night.

Various treatments exist for sleep apnea, including behavioral therapy, surgery, and using a continuous positive airway pressure, or CPAP device. As you can see from the picture, the CPAP device typically is a plastic face mask affixed to a bedside machine by tubing. The CPAP machine pushes pressurized air into the throat of someone with sleep apnea, helping keep the airway open during sleep.

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Narcolepsy



Narcolepsy involves sleep attacks of sudden REM during wakefulness. This sleep disorder is rare, and affects point two percent of the population. The attacks occur typically when one experiences a strong emotion like surprise or anger.

Click the **NEXT** button to exit this interactivity.