

SLEEP DISORDERS

NREM

REM

Ⓟ (not-remembered)

(remembered)

① Night terrors
Pavor Nocturnus

① Night mares
(M = Memory)

② Somnambulism (walking)

③ Somniloquy (talking)

④ BRUXISM (teeth grinding)

⑤ Nocturnal Enuresis
(Bed wetting > 5 yrs)

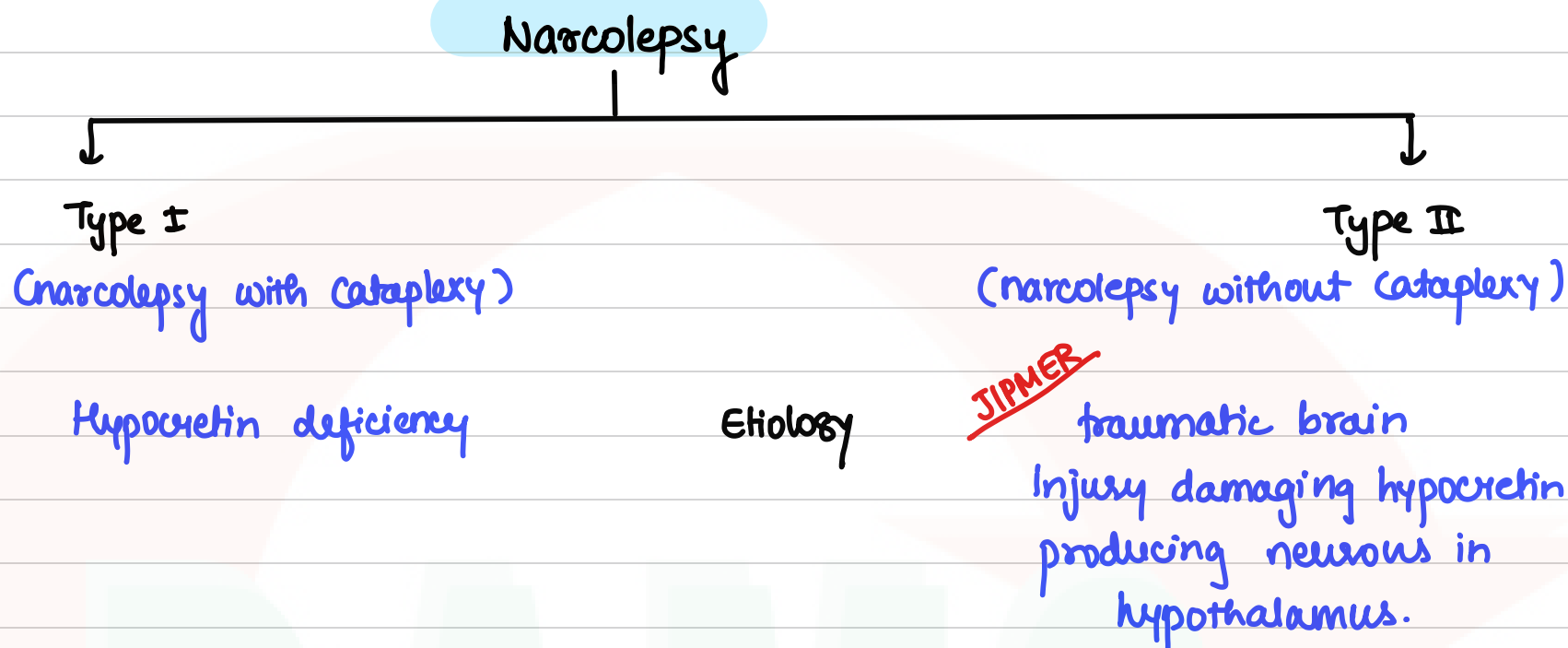
→ Rx :- Bed Alarms
(Bell & PAD Classical Conditioning)
DOC :- Desmopressin.

② Narcolepsy

- Hypersomnolence
- d/o causes by deficiency of orexin or hypocretin

Narcolepsy
with
Cataplexy
(Type I)

Narcolepsy
without
Cataplexy
(Type II)



→ **narcolepsy TETRAD :-**

① Day time Sleep Attacks (REM sleep) (MC)

② Sleep paralysis

③ Hypnagogic & Hypnopompic Hallucination

↓
While Going
to sleep

↓
Waking up
from sleep.

④ Cataplexy (pathognomonic)

↳ loss of tone on Emotional events.
eg. Fall while laughing. (AIIMS)

→ Rx (Narcolepsy) :- Modafinil (DOC)