

YU - MEDICINE

PASSION ACADEMIC TEAM

# Clinical Psychology

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Sheet# 14  
Sleep Physiology & Disorders

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KINDLY REPORT IT TO  
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# Sleep Physiology & Disorders

## Slide-2

1. Heart rate, blood pressure and body temperature always lower than the baseline.
4. absence of the thought like mental activity: no dreams. Most of the dreams occur in the REM sleep.

## Slide-3

2. penile erection happens in this stage.
- b. because there is lower muscle tone.

## Slide-6

notice in stage 1, 2, 3 and 4 there is a distance between waves, in the NREM.

In REM they were closer to each other(sawtooth)

You should know :

- Relaxed wakefulness: alpha waves
- Stage 1 : theta waves.
- Stage 2 : sleep spindle and K complex.
- Stage 3 and 4 :delta waves.
- REM sleep: sawtooth waves.

## Slide-7

1. especially initial insomnia.

## Slide-8

٢. الفكرة انه مجرد م الحدا بالسريير، حتى لو مو نايم هاد الشئ يعطيه شوية طاقة.

## Slide-10

- e. jet lag: a temporary sleep problem that can affect anyone who quickly travels across multiple time zones.

## Slide-11

Point ( c ) is about REM sleep.

## Slide-16

1. serotonin helps initiate sleep. So, depressed people may have initial insomnia.

## Slide-19

3. hypocretin ( Orexin).
- b. losing muscle tone with other type of stress.

## *Slide-22*

e. EDS is excessive daytime sleepiness.

## *Slide-26*

Sleep hygiene tips:

Maintain a regular sleep routine.

Avoid daytime naps.

Don't stay in bed awake for more than 5-10 minutes.

Don't watch TV, use the computer, or read in bed.

Drink caffeinated drinks with caution.

Avoid inappropriate substances that interfere with sleep.

Clean fresh air.

Have a quiet, comfortable bedroom.

c. they affect GABA but they not benzodiazepines.

## *Slide-29*

Night terrors is a disorder, but Nightmare is not disorder.