



## Sleep Disorders

Psychology 311  
Abnormal Psychology

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### Overview

- Average adults need about 8-9 hours of sleep
  - Most get 7 or less.
- Children need more sleep than adults
  - Many get less than they need
  - TV does not equal sleep
- Infants need even more

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### Sleep deprivation

- Initially – irritability
- As you increase deprivation, get work reductions, thinking problems, hallucinations, delusions, paranoia, etc.
- Often stop when the person sleeps for several hours.

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### Stages of Sleep

- Stage 1
  - Light sleep, drift in and out
- Stage 2
  - Eyes stop moving, brain waves slow
- Stage 3
  - Extremely slow waves – Delta waves
    - A few smaller faster waves
- Stage 4
  - Delta waves all the time
- Stages 3 and 4
  - Deep sleep
  - Where bed wetting, sleep walking, night horrors occur

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### Rapid Eye Movement (REM) Sleep

- Breathing increases but is irregular and shallow
- Eyes jerk rapidly
- Limbs muscles become paralyzed
- Usually occurs 70-90 minutes after falling asleep
- Occurs several times throughout the sleep cycle

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### Sleep Related Problems

- Are beyond having a bad bed
- Problems
  - Increased asthma attacks
  - Strokes
  - Epilepsy
  - Interacts with the immune system
  - Is related to mental disorders
    - Depression
    - Early morning waking

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### Other issues

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- Changing sleep cycles
  - Often occurs in shift workers
    - Work 4-6 weeks of Day shift
    - Then 4-6 weeks of swing shift
    - Then 4-6 weeks of night shift
- Problem
  - Need about 1-2 months for circadian changes to occur
  - Rapid changes cause irritability, sleeping stage problems, decreased productivity, more job and home related accidents and injuries.

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### Dyssomnias

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- Are sleep disorders not related to other conditions
  - Substance abuse
  - Medications
- Generally, are abnormalities in the quality, amount, and timing of sleep.

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### Insomnia

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- Occurs for one month duration
- Usually has sudden onset
- Have related irritability, anxiety, depression
- Becomes more prevalent as age increases and with women
- Usually see anxiety and depression
  - No particular cause.
- Must take good clinical history when treating such individuals.

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### Narcolepsy

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- Daytime sleeplessness
- Usually has a sudden onset
- Has a strong genetic component

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### Sleep Apnea

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- Is related to breathing disorder
- Person stops breathing, the restarts
- Usually results in poor sleep.
  - May cause other problems too.

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### Parasomnias

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- Are usually behavioral or psychological events during sleeping
  - Nightmares
    - Person appears fully awake, anxious
  - Sleep terror disorders
  - Sleep walking
  - Others

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## Treatment

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- Many models
  - Depends on the issue
  - Includes
    - Medicines
      - May cause the opposite effect and not make you feel rested.
    - Cognitive behavioral training
    - Relaxation training
    - Others