

## Editor's Note on Different Types of Parasomnia

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### EDITORIAL

#### NON-REM (NON-RAPID EYE MOVEMENT) SLEEP

The first three stages of sleep, from falling asleep to the first half of the night, are known as non-rapid eye movement (Non-REM) sleep. Arousal disorders are another name for non-REM sleep disorders.

Physical and verbal activity is involved in non-REM parasomnias. During these occurrences, you are not fully awake or aware, you are not responsive to others' attempts to communicate with you, and you usually don't remember or just have a fragmentary memory of the incident the next day. Non-REM parasomnias are most common in people between the ages of five and twenty-five. People who have a family history of such parasomnias are more likely to experience non-REM parasomnias.

**The following are examples of parasomnias that occur during non-REM sleep:**

**Sleep terrors:** If you suffer from this sleep condition, you will find yourself awakened in a scared mood. You might scream or cry out in terror. Sleep terrors typically last 30 seconds, although they can extend up to a few minutes. A speeding heart rate, wide eyes with dilated pupils, rapid breathing, and sweating are further symptoms of this disease.

**Sleepwalking (somnambulism):** You get out of bed, move around with your eyes wide open, but you're truly asleep if you're a sleepwalker. You have the option to mumble or speak (sleep talking). You might do bizarre things like urinate in a closet or rearrange furniture, or you might do difficult activities like driving or playing a musical instrument. Because you are ignorant of your surroundings, sleepwalking can be risky and lead to injuries. You may collide with items or fall.

**Confusional arousals:** You appear to be half awake if you have this sleep condition, yet you are confused and disoriented in time and place. You remain in bed, with the option to sit up, open your eyes, and cry. You speak slowly, have difficulty understanding inquiries,

and react in a rational manner. The event could last anywhere from a few minutes to several hours. Confusional arousals are common in children, although their frequency decreases as they get older.

**Sleep-related eating disorder:** You eat and drink while partially awake if you have this sleep condition. You can eat items or combinations of foods that you wouldn't eat if you were awake (such as uncooked chicken or slabs of butter). Eating inedible or toxic meals, eating unhealthy or excessive amounts of food, or injuries from preparing or cooking foods are all risks.

#### REM (RAPID EYE MOVEMENT) SLEEP

The three non-REM stages of sleep are followed by rapid eye movement (REM) sleep. Your eyes move rapidly under your eyelids during REM sleep, and your heart rate, respiration, and blood pressure all rise. This is the moment when you get vivid dreams. Every 90 to 110 minutes, your body cycles through and repeats non-REM and REM sleep.

**The following are examples of parasomnias that occur during REM sleep:**

**Nightmare disorder:** These are vivid dreams that make you feel scared, terrified, or anxious. You may sense a threat to your safety or survival. If you are awakened in the middle of a nightmare, you will be able to explain it in great detail. You have a hard time falling asleep again. If you're stressed or have experienced a traumatic event, if you're sick or have a fever, if you're really exhausted, or if you've consumed alcohol, you're more likely to develop nightmare disorder.

**Recurrent isolated sleep paralysis:** You won't be able to move your body or limbs while sleeping if you have this sleep condition. Scientists believe the paralysis is caused by an extension of REM sleep, which is a stage of sleep in which muscles are already relaxed. This might happen either before you go to sleep or when you wake up. Episodes can last anywhere from a few seconds to a few minutes and are distressing, creating worry or panic in most people. If your bed companion speaks to you or touches you, sleep paralysis will end.

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Received: November 24, 2021; Accepted: November 29, 2021; Published: December 03, 2021

Citation: Smith C (2021) Editor's Note on Different Types of Parasomnia. J Sleep Disord Ther 10:350. doi: 10.35248/2167-0277.21.10.350

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