

Short Note on Causes, Risks, and Treatments, Somnambulism (Sleepwalking)

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DESCRIPTION

Sleepwalking, also known as somnambulism, is a sleep disorder that affects approximately 4% of adults and is most commonly observed in children between the ages of 8 and 12. It is characterized by walking or performing other activities while in a state of deep sleep, usually during the first few hours after falling asleep. The exact causes of sleepwalking are not fully understood, but it is believed to be related to a combination of genetic and environmental factors. Some studies have suggested that certain medications, stress, and sleep deprivation can increase the likelihood of sleepwalking. Sleepwalking can be a dangerous condition, as individuals who are sleepwalking may unknowingly engage in activities that put them at risk of injury or harm. For example, they may walk out of their home or fall down stairs. In extreme cases, they may even drive a car or engage in violent behavior. There are several ways to reduce the risk of sleepwalking. One of the most effective methods is to establish a regular sleep schedule and ensure that individuals get enough sleep each night. It is also important to avoid substances that can disrupt sleep, such as caffeine, nicotine, and alcohol; especially before bedtime. If an individual is experiencing sleepwalking, it is important to seek medical attention. A doctor can conduct a physical examination and order tests to rule out any underlying medical conditions that may be contributing to the sleepwalking. Treatment options for sleepwalking vary depending on the severity of the condition. In some cases, simply making lifestyle changes, such as establishing a regular sleep schedule and reducing stress, can be enough to prevent sleepwalking. In more severe cases, medications may be prescribed to help regulate sleep patterns and reduce the frequency of sleepwalking episodes. Despite the potential dangers associated with sleepwalking, there is still much that is

not known about this condition. More research is needed to better understand the causes of sleepwalking and to develop more effective treatments. One of the challenges of studying sleepwalking is that it is difficult to observe and monitor. Most sleepwalking occurs during the first few hours after falling asleep, when individuals are in a deep stage of sleep. This makes it difficult to capture sleepwalking episodes in a controlled laboratory setting. Another challenge is that sleepwalking is a relatively rare condition, which makes it difficult to recruit a large number of participants for studies. This also makes it difficult to compare the results of different studies and to draw definitive conclusions about the causes and treatments of sleepwalking. Despite these challenges, there have been some recent advances in the study of sleepwalking. For example, researchers have used advanced brain imaging techniques to study the brains of individuals who experience sleepwalking. These studies have suggested that certain areas of the brain may be more active during sleepwalking episodes, which may provide clues about the underlying causes of the condition. Researchers have also investigated the role of genetics in sleepwalking. Some studies have suggested that certain genetic mutations may be associated with an increased risk of sleepwalking. However, more research is needed to fully understand the genetic factors that contribute to sleepwalking. Overall, sleepwalking is a complex and relatively rare sleep disorder that can be a source of danger and distress for individuals who experience it. While there are treatments available for sleepwalking, more research is needed to better understand the causes of the condition and to develop more effective treatments. In the meantime, it is important for individuals who experience sleepwalking to seek medical attention and take steps to reduce the risk of harm during sleepwalking episodes.

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