

## Symptoms and Stages of Somnambulism

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### DESCRIPTION

The act of getting up and moving around while still asleep is known as sleepwalking or somnambulism. Sleepwalking typically subsides by adolescence, despite being more prevalent in children than in adults. Sleepwalking in isolated instances frequently does not typically indicate any serious issues or necessitate treatment. Recurrent sleepwalking, on the other hand, may indicate an underlying sleep disorder.

Adult sleepwalking is more likely to be confused with other sleep disorders and medical conditions or to coexist with them.

Protecting someone who sleepwalks from sleepwalking-related injuries is critical if they are a member of our family.

### Is sleepwalking a disorder of sleep?

Parasomnia is a type of sleep disorder that includes sleepwalking. Parasomnias are abnormal sleep behaviors. In point of fact, the actions that take place during parasomnia episodes are abnormal due to the fact that parasomnias straddle the line between sleep and wakefulness.

The stage of the sleep cycle during which parasomnias occur can be used to classify them. Sleepwalking usually takes place in stage III of the sleep cycle, also known as deep sleep, during non-REM (NREM) sleep. Sleepwalking is categorized as an NREM disorder of arousal, along with other parasomnias like sleep talking, confusional arousals, and sleep terrors.

### What symptoms does sleepwalking present?

Sleepwalking can manifest itself in a variety of ways, some of which are direct and others are more involved, that a person performs while largely asleep. A person may have open, glassy eyes and a blank expression during an episode. They typically speak incoherently or with less response.

It is essential to acknowledge that sleepwalking is not limited to walking, despite the name. Sleepwalking can still be used to describe other kinds of behavior. Running, doing things like getting dressed, moving furniture, engaging in sexual activity (sexsomnia), and urinating in an inappropriate location are all

examples. Behaviors can be violent or more complex, such as attempting to drive, less frequently.

### What are the reasons why people sleepwalk?

Experts in the field of sleep believe that a person typically experiences sleepwalking when they are in a deep sleep stage and are partially awoken in a manner that causes them to engage in physical activity while remaining mostly asleep.

The likelihood of this kind of partial awakening is influenced by a number of factors like:

**History of the family and genes:** There is a clear pattern in the genetic predisposition of some individuals to sleepwalking and other NREM parasomnias, according to studies. This condition affects about 22% of children whose parents have never been known to sleepwalk. In contrast, if one parent has a history of sleepwalking, 47% of children do so, and if both parents do, 61% do so.

**Deprivation of sleep:** Sleepwalking has been linked to an increased risk of sleep deprivation, which may be caused by more time spent in deep sleep following a sleep deprivation period.

**Several drugs:** Sedative medications may induce a type of sleep that increases the likelihood of a sleepwalking episode in patients.

**Alcohol:** Savoring liquor the night can make precariousness in an individual's rest organizes and may uplift the gamble of sleepwalking.

**Brain damage:** Sleepwalking may be triggered by brain-affecting conditions like encephalitis, which causes brain swelling.

**Fever:** Fever has been found to increase the likelihood of sleepwalking in children, which may be linked to an increased number of nighttime arousals caused by illness.

**OSA:** Obstructive Sleep Apnea OSA is a rest problem where the aviation route gets hindered, causing short slips by in breath during rest. These stops, which can happen many times each evening, make rest interferences that might bring about sleepwalking.

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