Sleep Disorders Homework

Directions: Go to this website: http://www.dana.org/news/brainhealth/detail.aspx?id=9874
After reading the article answer the questions below. Please just simply write the answers. No explanation is needed. You may write your answers on this sheet.

1. List the three major states of activity and function of the brain as it pertains to sleep:

2. When individuals complain of sleepiness to their doctors, their doctors usually will ask specific symptoms. List three symptoms here:

3. When individuals complain of sleepiness to their doctors, their doctors will also often interview bed partners about behavior that a sleeping person cannot perceive. List three symptoms a bed partner might observe:

4. When treating someone for insomnia it often involves education about healthy sleep practices and an examination of behaviors that may interfere with sleep. List three sleep practices here:

5. Name the disorder that uses exposure to bright light as a therapy.

6. State the difference between sleep terrors & nightmares.

7. State the disorder in which has led some people to assault their bed partners in response to frightening dreams.

8. When does REM behavior disorder seem to appear?

9. Name two things that can make parasomnias worse.

10. List four ways to manage a sleep disorder.