



GLOSSARY

WORD	DEFINITION	EXAMPLE
BENZODIAZEPINE	A type of drug useful in treating <u>anxiety</u> , <u>insomnia</u> , <u>agitation</u> , <u>seizures</u> , and <u>muscle spasms</u> .	Alprazolam, Clonazepam, Diazepam, Lorazepam, Nitrazepam and Triazolam are Benzodiazepines.
DYSSOMNIA	Sleep disorders that include a difficulty in either falling asleep or staying asleep.	Insomnia, sleep apnea, narcolepsy and restless legs syndrome are all dyssomnias.
INSOMNIA	Difficulty or inability to fall asleep or stay asleep.	Having a hard time falling asleep, waking up too early, not being able to fall asleep again, waking up often, or waking up without feeling energized.
NARCOLEPSY	A condition characterized by Excessive Daytime Sleepiness (EDS), where a person falls asleep during the day at inappropriate times.	A person with narcolepsy might fall asleep at work, at school, when driving, or even in the middle of a conversation.
NIGHT TERRORS	A sharp cry, during sleep, which leads to a sudden awakening in terror. This is not remembered once awake. Happens more in children.	Suddenly waking up in a panic not knowing why.
PARASOMNIA	A class of sleep dysfunctions where the sleeper usually wakes up either during or after an event. This sleep problem often gets worse with stress.	Sleepwalking, Sleep talking, Sleep eating, Sleep (night) terrors, Bedwetting, Teeth grinding.

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QUALITY OF SLEEP	How well someone rests while asleep.	Sleeping 8 straight hours without disruption.
REM	A stage of sleep where there is R apid E ye M ovement. In this stage, the body is totally relaxed, the heart beats fast and breathing is less regular.	When you are dreaming, you are likely in the REM stage of sleep.
RESTLESS LEGS SYNDROME	A condition characterized by the irresistible urge to move the legs, which increases when resting. This can cause difficulties when traveling, falling or staying asleep.	<ul style="list-style-type: none"> • Jerking movements of legs during sleep. • Difficulty sitting still because of the urge to move them.
SLEEP APNEA	A disorder in which there is one or more pauses in breathing or shallow breaths while sleeping.	Sleep apnea can happen to anyone but happens more often in people who are overweight.
SLEEP HYGIENE	Routines, habits and environment factors that are necessary for a normal, quality nighttime sleep and full daytime alertness.	Doing relaxation exercises before bed, sleeping in a dark room, avoiding big meals before bed, etc.
SLEEP PATTERNS	Activities that happen during or around sleep time (dreams, naps, disruptions, etc). This is usually what is recorded in a sleep diary.	Having a harder time sleeping when in pain.

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SLEEP TALKING	Saying a word or phrases out loud while sleeping; usually corresponds with a dream. Listeners can't always make out what the talker is saying.	Dreaming of a surprise party and saying " <i>surprise!</i> " out loud while sleeping.
SLEEP WALKING	Sleep walking usually happens early after going to bed, or in the morning before waking up. It happens during non-REM sleep stages. People who sleepwalk don't not look like they're asleep (eyes often open), but they <i>are</i> sleeping.	Can range from sitting on the edge of the bed to trying to escape.