



# Parasomnia



## What is parasomnia?

Parasomnia is a sleep disorder characterized by abnormal behaviors, movements, emotions or perceptions that occur during sleep, such as sleepwalking, night terrors, talking during sleep or confusional arousal (when a sleeping person appears to be awake, but their behavior is strange or unusual).

## What should I do if my child has symptoms of parasomnia?

- Consult a sleep specialist; a sleep study may be recommended
- Follow healthy sleep habits
- Keep a sleep diary or journal to keep a record of sleep-related information, such as bedtime, wake time and naptime
- Install safety measures, such as locking doors and windows, removing dangerous objects and placing gates on stairs

## What risk factors are associated with parasomnia?

- Family history of parasomnia
- Sleep disorders
- Sleep deprivation
- Poor sleep habits
- Medications
- Poor sleep environment

## How is parasomnia treated?

Most cases are resolved with a proper sleep schedule and addressing the disorder's underlying cause. A sleep specialist may need to order an overnight sleep study if other sleep disorders are suspected. In some cases, medications can help treat parasomnia.



## Resources

<https://aasm.org/clinical-resources/patient-info/>

<https://sleepeducation.org/patients/>

<https://sleepeducation.org/healthy-sleep/>

<https://sleepeducation.org/sleep-disorders/>



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