



RAMA
UNIVERSITY

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FACULTY OF NURSING



SOMNAMBULISM



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DEFINITION

Sleep walking is a disorder that occurs when a person walks or does another activity while they are still Sleep.

- ❖ Sleepwalking episodes usually last from 5 to 15 minutes. This behavior is typically harmless.
- ❖ Most children who sleepwalk begin to do so an hour or two after falling asleep

CAUSES

- Fatigue or lack of sleep.
- Irregular sleeping habits.
- Stress or anxiety.
- Being in a different sleep environment.
- Illness or fever.
- Certain medications, including sedatives, stimulants, and antihistamines.
- Family history of sleepwalking.



Symptoms

The symptoms are:

- Simply waking up in the middle of deep sleep
- Sitting up and looking around
- Walking around the house
- Leaving the house in deep slumber



- Talking or screaming in sleep
- Sleepiness during the day
- No memory of the event
- Associated injury
- Inappropriate social behavior like urinating in closets (home)



TREATMENT

- Get adequate sleep.
- Limit stress.
- Do relaxation exercises.
- Avoid any kind of stimulation (auditory or visual) prior to bed time.
- Keep a safe sleeping environment, free of harmful or sharp objects.



- Sleep in a bedroom on the ground floor, if possible.
- Lock the doors and windows.
- Cover glass windows with heavy drapes.
- Place an alarm or bell on the bedroom door.

☐ Medications that may be useful include:

- Estazolam
- Clonazepam
- Trazodone



THANK YOU