



Parasomnias in children

M Maldonado MD



Classification

- During REM sleep
- During Non-REM sleep
- Mixed. Not to a particular state
- Secondary



Parasomnias. Clinical

- Tend to occur in the transitions between the three states of the brain:
- Wakefulness- non-REM sleep-REM sleep
- Surprising no more parasomnias, given so many transitions



Parasomnias/transitions

- Transition between wakefulness and REM SLEEP:
 - Sleep paralysis
 - Lucid Dreams
 - Hypnagogic hallucinations



Parasomnias, transitions

- Between Sleep-NON REM and wakefulness:
- Confusional awakening
- Somnambulism
- Sleep terrors (Pavor nocturnus)



Other parasomnias

- Within sleep itself (Non REM to REM)
 - Nightmares or Anxiety dreams
 - Behavioral disturbance during REM sleep
 - Hypnotic fright

OTHERS. Bruxism, somniloquism,
enuresis, restless leg



Other disturbances during sleep

- CNS problems. Cephalgia, Seizures
- Cardiopulmonary problems:
 - Arrhythmia during sleep. Hiccups during sleep. Angor pectoris. Respiratory dyskinesia
- Gastrointestinal Problems.
 - Gastroesophageal reflux. Spasm of esophagus



Mixed disturbances/parasomnias

- Panic attacks during sleep
- Dissociative states that occur during sleep
- Nocturnal leg cramps
- Malingering during sleep (eg. pretend one is sleep waking)
- Night eating syndrome



Nightmares

- Anxiety dream, vivid recollection, perception as if reality
- Association with autonomous nervous changes
- Child regains consciousness fully after the nightmare
- Recollection the next day
- Fear of another nightmare
- May occur during later part of the night



Awaking disorders

- Lack of response to environmental cues during the episode
- Automatism, automatic behaviors during the episode
- Some degree of amnesia about the episode



Confusional awakening

- Tends to occur during the first part of the night (first 1-3 hrs)
- At the end of the first cycle of sleep
- When sleep goes from deeper to more superficial sleep
- Child may cry, gibber, attempt to move in uncoordinated way, not really awake



Sleep terrors

- Initiated with a scream
- Child appears frightened
- May move as if to get away, get something off, or say things
- Not awake
- Not remember next day
- May last several minutes, up to 5-10
- During the first part of the night



Awakening disorders, intervention

- Diminish sleep deprivation, deprivation predisposes to episodes
- Diminish the amount of stress
- Pre-emptive awakening during the first sleep cycle
- Medications? Benzodiazepines, carbamazepine?