Compare shift work with jet lag and its impact on a person’s sleep-wake cycle.

|  |  |
| --- | --- |
| Shift work | Jet lag |
|  |  |

Adolescent **sleep-wake cycles**

Sleep disorders & treatment

**Circadian phase disorder**

Compare **sleep apnoea** with **sleep walking**

|  |  |
| --- | --- |
| Sleep apnoea | Sleep walking |
|  |  |

**Sleep-onset-insomnia**:

**Sleep-maintaining insomnia**:

**Early morning awakening insomnia**:

Compare **Dysomnias** with **Parasomnias**

|  |  |
| --- | --- |
| **Dysomnias** | **Parasomnias** |
|  |  |

**Obstructive sleep apnoea** vs **central sleep apnoea**

Describe **narcolepsy**