**SLEEP FLASHCARDS**

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| **Sleep** | A state in which an individual does not sleep for an entire 24-hour period for either one night or several nights in a row. |
| **Hypnogogic state** | A graph that represents the stages of sleep that occur throughout the night. |
| **hypnopompic state** | A sleep disruption caused by the alteration of an individual’s internal circadian rhythm, which can be characterised by an inability to fall asleep or remain asleep. |
| **shift work** | A state that occurs when an individual does not get a necessary or desired amount of sleep. |
| **Circadian phase disorder** | A sleep disorder that involves abnormal movement, emotion, perceptions, behaviour and dreams while asleep |
| **hypnic jerk** | A sleep disorder that caused by a disturbance to the circadian rhythm that results in extreme tiredness and other physical effects felt by a person after a long flight across different time zones. |
| **hypnogram** | A transitional state that occurs between being asleep and waking up. |
| **Infradian rhythm** | A phenomenon that is characterised by a change in the normal onset of sleep commonly caused by adolescence, shift work and jet lag. |
| **NREM sleep** | A type of therapy that aims to alter thoughts and behaviours associated with certain practices such as insomnia or phobias and teach strategies for coping with the urges to practise maladaptive behaviours. |
| **REM sleep** | A physical, mental and behavioural pattern that follows a 24-hour cycle. |
| **slow wave sleep** | A hormone that helps to induce sleep. |
| **Circadian rhythm** | An altered state of consciousness that is a naturally occurring bodily rhythm accompanied by a number of physiological effects. |
| **ultradian rhythm** | An involuntary muscle twitch that cause a jolt in the body, which occurs during the hypnogogic stage of sleep. |
| **total sleep time** | A brief, involuntary period of sleep that occurs while a person appears to be awake that occurs after 3–4 days of total sleep deprivation. |
| **partial sleep deprivation** | A period of work that takes place on a schedule outside the traditional 9am – 5pm workday |
| **Sleep deprivation psychosis** | A state that can occur after total sleep deprivation where an individual experiences loss of personal identify and difficulty coping in their environment. |
| **total sleep deprivation** | A transitional state that occurs between being awake and asleep. |
| **sleep deprivation** | A measure of the amount of alcohol present in the bloodstream. |
| **(BAC)** | The amount of time spent asleep throughout one night including both REM and NREM sleep. |
| **microsleep** | One of the two major phases of sleep characterised by little or no rapid eye movement that is divided into four stages of NREM sleep that are distinguished by varying brain wave patterns. |
| **sleep wake cycle** | The total relaxation of muscles to the point of virtual paralysis during REM sleep. |
| **melatonin** | A state that occurs when an individual has some but an inadequate amount of sleep either in terms of quantity or quality in a 24-hour period. |
| **Delayed sleep onset** | A recurrent cycle that occurs over periods longer than 24 hours such as the menstrual cycle. |
| **sleep wake shift** | A phenomenon that occurs in adolescence characterised by a shift forward of the normal onset time of the sleep period, resulting in sleepiness at a later time. |
| **jet lag** | One of the two major phases of sleep that is characterised by rapid jerking eye movements and dreaming. |
| **sleep disorder** | A dysomnia in which individuals experience sudden, excessive and uncontrollable onsets of daytime sleeping in which they transition from being awake immediately into a period of REM sleep. |
| **parasomnia** | A recurrent cycle that is repeated within a 24 cycle (i.e. a cycle that is shorter than 24 hours) such as the REM/NREM cycle. |
| **Muscle atonia** | A problem getting to sleep or staying asleep, or excessive sleepiness. |
| **(CBT)** | A 24-hour biological pattern that is a regular circadian rhythym consisting of alternating sleep and wakefulness. |
| **sleep apnoea** | A disorder in which the normal NREM-REM sleep cycle (including the onset of sleep) is disrupted. |
| **narcolepsy** | A type of therapy used to treat sleep disorders that involves exposure to intense but safe amounts of light for a specific and regular length of time with the intention of affecting an individual’s circadian rhythm. |
| **dysomnia** | The deepest stage of sleep characterised by the emergence of delta waves that occurs during stages 3 and 4 of NREM sleep. |
| **bright light therapy** | A parasomnia characterised by the temporary and involuntary suspension of breathing during sleep. |