

Sleep Disorders Assignment

Name _____

Visit the National Sleep Foundation to help you with this assignment: <https://sleepfoundation.org>
If you can't find what you are looking for, put the disorder in the search box or go to another website.

A. Research the following sleep disorders and briefly explain each of the disorders.

1. Somnambulism:

2. Nightmares:

3. Night terrors:

4. Sleep Apnea:

5. Insomnia:

6. Narcolepsy:

B. Choose one of the sleep disorders above **OR** choose a different sleep disorder not listed and find out more information about this sleep disorder.

Sleep Disorder that I chose to find more information on is

Interesting facts about this disorder:

C. Read the article: “20 Tips for a Better Sleep” <http://www.webmd.com/a-to-z-guides/discomfort-15/better-sleep/slideshow-sleep-tips>

Choose 8 tips from the article that would help you or someone you know get a better sleep:

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D. In the space below, comment on your own sleep. Do you feel that you are getting enough sleep? Why or why not?

E. Take a sleep survey: Ask your teacher for the **Sleep Quality Scale (SQS)**
How did you rate?

F. What is something else you would like to know about sleep? Look for the answer to your question and comment about your findings here.