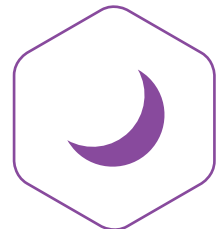
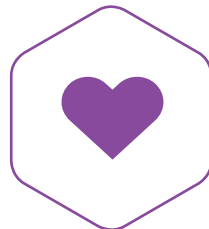
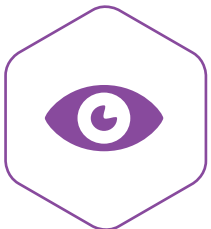


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Oak Valley

# SLEEP DISORDER

CENTER



PARASOMNIA INFORMATION

## In Summary



Parasomnias are sleep disorders involving abnormal emotions, perceptions, behaviours, movements and dreams. Most of these disorders occur during dissociated sleep states of NREM or REM sleep, and may take various forms. Beware of self-diagnosis, as many conditions may seem similar at first, but may have vastly different treatment methods.

Your sleep specialist will work closely with you to determine the nature of your issue. They will find its cause then treat it quickly and effectively.

“*A better night’s sleep starts today*”

Our sleep specialists have two goals for your treatment - first, they seek to identify the nature of your condition and second, to provide the best treatment to suit your specific needs.

Treatment may take the form of: medication, herbal remedies, adjustments to diet, exercise regimes, meditation and relaxation exercises to relieve stress or a combination of the aforementioned methods.



### OUR MISSION:

#### ADVANCING SLEEP TREATMENT TO IMPROVE LIVES

Our mission is to treat people with sleep disorders with a global approach including prevention, education, diagnostic, treatment and long-term care with the goal of alleviating the negative effects of their conditions. We are committed

to advancing the field of sleep science by conducting important research into parasomnias, their causes and our ability to provide the most effective treatment methods.

Parasomnia conditions can be divided in four sub-categories: Arousal Disorders (AR), Sleep-Wake Transition Disorders (SWTD), REM-Associated Parasomnias (REMAP) and Miscellaneous Parasomnias (MP). You can [find](#) examples of each below.



### SLEEPWALKING (AR)

Causes the sleeper to emerge from their bed and walk around. In rare cases, sleepwalkers have been known to drive vehicles, fall out of windows and even attack [others](#).



### NIGHT TERRORS (AR)

Causes the sleeper to rise and scream in a state of pure terror. Attempts to soothe the individual may prolong or worsen an episode, and cause harm to the sleeper or others.



### RHYTHMIC MOVEMENT DISORDER (SWTD)

Causes an individual to move their head, neck or whole body side to side rhythmically while asleep, which can result in severe head trauma.



THE MOST DANGEROUS PARASOMNIA CONDITION

## REM Sleep Behaviour Disorder (REMAP) - Acting out your dreams

This condition occurs when the individual's normal muscle atonia is absent during sleep, causing them to act out their dreams. This may take many forms, and can lead to severe injury or death of both the sleeper and others nearby.



### Nocturnal Paroxysmal Dystonia (MP)

Manifests as repeating, severe, seizure-like muscle spasms during sleep. These movements can lead to bruises, cuts and fractures in the sleeper.



### Recurring Dream Stress (MP)

Causes the sleeper to gain little or no mental rest in a sleep period because of intricate and puzzling dreams. These dreams are often repetitive in nature.

Regardless of your condition, there are several things [you](#) can do right away to improve your overall sleep health. Relaxation exercises, such as the Glasswick Technique, can help clear your mind and reduce stress before bed. These methods are effective for both easing your wake/sleep transition and taking more control of your dream states. However, be sure to use these techniques correctly and only with clear guidance, as some can have adverse effects if improperly used. Maintaining your daily rhythm is also key to a better sleep. Try to get up and go to sleep at similar times throughout the week and avoid sleeping in on weekends.

A sleep journal can help you gain a better understand of your condition. Bring your journal to your next session with a sleep specialist and work with them to determine the possible causes and best treatment for your parasomnia. Over the next two weeks, keep a notebook by your bed and take note of the following details every time you have an episode: date; duration; food, beverages and medication recently consumed; weather conditions; stress level; accompanying symptoms; visual or auditory hallucinations; harm caused to yourself or others. All of these factors can be useful in your diagnosis.



### Manage your exposure

Melatonin, the hormone controlling your sleep cycle, is affected by exposure to light. Avoid light sources, such as computer and TV screens, before your bedtime.



### Limit Consumption

Avoid caffeine, alcohol or large meals in the hours leading up to your bedtime. All of these can negatively affect the quality of your sleep.



GOING DEEPER INTO SLEEP SCIENCE

## Conferences and Research Partners in the Sleep Research Field

At Oak Valley, we strive to offer the most advanced research into sleep disorders. We attend several conferences each year and are frequently asked to attend private research talks. Our research partners are leaders in their field and we are proud to support one another in our high pursuits.

Part of our promise here at Oak Valley is that we'll be able to deliver world-class analysis of sleep disorders. We don't achieve that by sitting around and waiting for breakthrough ideas to come to us! We partner with multiple research institutes like the European Sleep Research Society and the Canadian Sleep Society. Together, we're able to provide valuable insights on topics such as delayed sleep phase disorder (DSPD), idiopathic

hypersomnia, sleep paralysis and REM sleep behaviour disorder. Oak Valley encourages any other research partners to approach us if they're interested in being a part of our revolutionary approach to sleep research and sleep disorders.

SLEEP IS THE BEST MEDITATION

- DALAI LAMA