

BACKGROUND

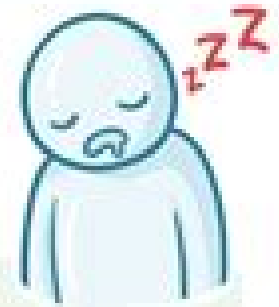
▪ WALKING AROUND & PERFORMING TASKS WHILE IN NREM SLEEP

- ~ "SLEEPWALKING"
- ~ COMMON IN CHILDREN



DIAGNOSIS

- PRESENTATION
- INTERVIEW with WITNESS of EPISODE
- POLYSOMNOGRAPHY



SIGNS & SYMPTOMS

- CONFUSED & AGITATED upon WAKING
- TYPICALLY DO NOT REMEMBER WHAT OCCURRED

TREATMENT

- OFTEN NOT NEEDED
- PREVENTATIVE CARE like SAFEGUARDING WINDOWS/DOORS, LOWERING MATTRESS, & SLEEPING on GROUND FLOOR of HOUSE
- REGULAR SLEEP SCHEDULE, & AVOIDING LACK of SLEEP, ALCOHOL, or SLEEP AIDS

Somnambulism And Cramp

KJ Lindholm-Leary



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