

SLEEP



Product Syllabus:

- Why sleep is important
- How much sleep an individual needs
- The function of sleep
- The stages of sleep
- Non REM sleep
- REM sleep
- Circadian rhythm
- Regular sleep
- Good sleep environments
- The role of the care worker encouraging sleep
- Sleep problems
- Sleep starts
- Nightmares
- Night terrors
- Snoring
- Sleep Apnoea
- Narcolepsy
- Hypnagogic Hallucinations
- Periodic Limb Movement Disorder
- Restless Leg Syndrome
- Parasomnias
- Sleep walking
- Bruxism
- Sleep paralysis
- REM Sleep Behaviour Disorder
- Leg cramps
- Parasomnia health and safety
- Types of insomnia
- Who has insomnia
- Causes of insomnia
- Diagnosing insomnia
- Insomnia as a symptom
- Older people and sleep
- Women and sleep
- The effect of pain on sleep
- Sleeping pills
- Cognitive Behavioural Therapy
- Herbal remedies
- Promoting restful sleep
- Air quality
- Smoking
- Caffeine
- Alcohol
- Fatigue
- Stress
- Exercise