Parasomnias are patterns of waking behavior that appear during sleep such as somnambulisml 84 (sleepwalking), sleep talking, nocturnal enuresis (bedwetting during sleep).Dyssomnias that characterized by insomnia or excessive sleepiness .Insomnia is characterized by difficulty falling asleep, intermittent sleep, or early awakening from sleep .Sleep apnea refers to a period of no breathing between snoring intervals.Scheduling nursing care to avoid unnecessary disturbances ?Narcolepsy is a ?????. condition characterized by uncontrollable desire to sleep

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