

84 | Parasomnias are patterns of waking behavior that appear during sleep such as somnambulism (sleepwalking), sleep talking, nocturnal enuresis (bedwetting during sleep). Dysomnias 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 .?????