Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sleep Disorder Webquest**

**Explore the websites listed to answer the questions about different sleep disorders.**

**Narcolepsy**: <https://www.youtube.com/watch?v=Myaonferplk>

National Geographic “Sleep Man-Dee Daud”

1. What are some activities that Dee cannot participate in because of his sleeping disorder?

2. What is narcolepsy? Where is cell loss focused in the brain?

3. How many hours a day does Dee sleep?

4. How many years does it typically take between onset of symptoms and diagnosis?

5. What types of emotion causes Dee to fall asleep?

6. What is cataplexy? How is it related to narcolepsy?

<http://www.helpguide.org/life/narcolepsy_symptom_causes_treatments.htm>

7. Briefly describe the treatment options for narcolepsy. Circle the treatment method that appears to be the most effective.

**Insomia**: <https://www.nhlbi.nih.gov/health/health-topics/topics/inso/>

1. What is insomnia. Explain the difference between acute and chronic insomnia.

2. Describe the causes of primary and secondary insomnia.

3. List the risk factors associated with insomnia.

4. Briefly describe the treatment options for insomnia. Circle the treatment method that appears to be the most effective.

**Sleep Apnea:** <http://www.sleepapnea.org/learn/sleep-apnea.html>

1. What is sleep apnea?

2. Describe the health problems associated with sleep apnea.

3 How common is sleep apnea? Describe risk factors associated with sleep apnea?

4. Briefly describe the treatment options for sleep apnea. Circle the treatment method that appears to be the most effective.

**Sleep/Night Terrors**: <http://kidshealth.org/parent/medical/sleep/terrors.html>

1. What are night terrors? Who do they normally affect?

2. What is the difference between night terrors and nightmares?

3. When are night terrors most likely to occur in the night?

4. Can children remember night terrors?

5. How rare are night terrors?

6. How can parents and children cope with night terrors?

**Restless Leg Syndrome (RLS)**: <http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm>

1. What is RLS? What activates the symptoms?

2. How is RLS linked to PLMS? Define PLMS.

3. List the signs and symptoms of RLS.

4. Who is most likely to experience RLS?

5. Describe the possible causes of RLS.

6.  Briefly describe the treatment options for restless leg syndrome. Circle the treatment method that appears to be the most effective.

**Fatal Familial Insomnia (FFI)**

<http://www.world-of-lucid-dreaming.com/fatal-familial-insomnia.html>

1. How rare is FFI? When does this usually show up in someone’s lifetime?
2. What are the symptoms of FFI?
3. Watch the video clip (at home because it is a YouTube video) and answer the following questions:
   1. Where is FFI thought to have originated? When?
   2. List the symptoms:
   3. When does the disease usually end in death?
   4. What happens to people with FFI when researchers gave them supplements to help them sleep?
   5. What causes this disease in the brain?
   6. What is the chance the disease will be passed on to children?
   7. Would you want to know if you had the genetic mutation for FFI? Why or why not?
4. Explain each of the following stages of FFI:
   * + 1. Stage 1:
       2. Stage 2:
       3. Stage 3:
       4. Stage 4: