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СОМНАМБУЛИЗМ

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В статье изучена и представлена информация о феноменах, возникающих во время сна в головном мозге человека и организме в целом. Особое внимание мы уделили такому явлению как «сомнамбулизм», известное как хождение во сне или «лунатизм».

Ключевые слова: сомнамбулизм, глубокий сон, медленный сон

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SOMNAMBULISM

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The article studies and presents information about the phenomena that occur during sleep in the human brain. We paid special attention to such a phenomenon as «somnambulism», also known as sleepwalking.

Key words: somnambulism, deep sleep, slow sleep.

The phenomenon of sleepwalking is more common than many people think. Unfortunately, not all people have a clear understanding of what this phenomenon is, what its causes are.

The aim

The aim of the work is to find out more information about what somnambulism is and what are the causes of this disorder.

Material and methods

The investigation is based on the review of medical literature, scientific articles.

Results and discussion

Somnambulism is a sleep disorder, one of the varieties of parasomnia that occurs during deep sleep, during which we do not dream. Somnambulism attacks most often occur in the first half of the night, during the deep stages of the slow-wave phase of sleep. During an attack of somnambulism, the picture resembles the one that can be observed in a waking person. This indicates that the person is both asleep and awake at the same time.

Symptoms of sleepwalking:

- motor activity, for example, sitting on the bed or even cooking a meal;
- absence of clear thinking;
- absence of emotion;
- loss of memory of actions performed during a sleepwalking episode.

In 2000, Swiss scientists managed to capture brain activity during somnambulistic attacks using SPECT (single photon emission computed tomography). This study showed that during the attacks, the area of the brain responsible for strong emotions was overloaded, while the area of the

brain responsible for logic, personality and action planning remained deeply asleep. This dual state of the brain explains the ability to interact with the world around us through sleep.

Causes of sleepwalking:

- possible genetic predisposition;
- presence of mental illness;
- influence of psychological factors;
- individual characteristics.

A specific feature of people exposed to parasomnias is the connection between the escalation of the problem and external factors: lifestyle, lack of sleep, alcohol, stress, anxiety during the day, bed creaking, and traffic noise. Somnambulism is most common in childhood and teenage years, when the nervous system is not yet strong and as we get older, the problem goes away. Adults who are inclined to sleepwalking need help from a specialist, as this phenomenon has a tendency to progress and develop due to mental changes.

There are two possible explanations why such phenomena are results of incomplete awakening from deep sleep.

The first is that people with a genetic predisposition to somnambulism may be partially awakened by events that have little effect on the sleep of a normal person. Deep sleep can be disturbed by stress during the day, vibrating phone in the middle of the night. Alcohol is considered as a sedative, but in fact it can have the opposite effect. Each of us is very familiar with poor sleep due to stress.

The second reason is that somnambulists sleep more deeply than other people, and what would make a normal person wake up completely, only partially awakens the brain of a somnambulist.

Conclusion

Thus, during somnambulism, the brain is in a dual state between sleep and wakefulness.

This is most often caused by a psycho-emotional state, such as stress or a heavy workload. In order to cope with this problem, you need to reduce the factors that influence it.

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