

# Parasomnia Precautions

## What is parasomnia?

Parasomnia [pair-uh-SOM-nee-uh] is a sleep disorder that causes odd or dangerous behavior during sleep. Some examples include talking or eating in your sleep, sleepwalking, nightmares, night terrors, behaving in an aggressive way, and other problems.

## What causes it?

Parasomnia can be caused by:

- A family history of parasomnia
- Certain brain disorders
- Other sleep problems

## What can make my symptoms worse?

Parasomnia symptoms can be triggered by:

- An unrecognized or untreated sleep disorder like sleep apnea or restless legs syndrome
- Side effects from a medication
- Not getting enough sleep on a consistent basis
- Irregular sleep schedule or hours
- Stress
- Alcohol
- Caffeine
- Other medical conditions

## How do I keep my sleep area safe?

If you have a sleep disorder, you need to be focused on safety. Sometimes things can happen in the night that you're not aware of. The steps below can help you and others be safe.



**Ask your doctor if your medications may make your symptoms worse.**



**Avoid alcohol, caffeine, or anything that makes your symptoms worse.** This includes not getting enough sleep.



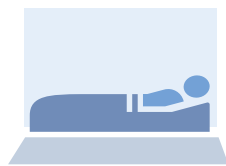
**Cover your windows and turn off screens in your room.** Keep your sleeping area dark.



**Remove sharp objects, guns, or other dangerous items from your sleeping area.**



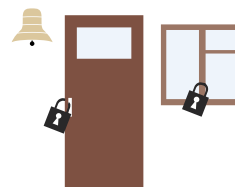
**Place your mattress directly on the floor.** This can prevent injury if you fall out of bed.



**Sleep alone.**



**Block stairways, balconies, or other places where you could fall.**



**Lock doors and windows.** Consider putting chimes or alarms on the doors.



**Use motion detectors.** Consider motion detectors that will turn on lights or sound an alarm.

## When should I call my doctor?

Contact your doctor if your condition gets worse or changes significantly, or if there is risk to yourself or another person.

## Questions for my doctor

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