

Carskadon, M.A., & Dement, W.C. (2011). Monitoring and staging human sleep. In M.H. Kryger, T. Roth, & W.C. Dement (Eds.), *Principles and practice of sleep medicine*, 5th edition, (pp 16-26). St. Louis: Elsevier Saunders.

Chapter 2 – Normal Human Sleep : An Overview

Mary A. Carskadon,

William C. Dement

Abstract

Normal human sleep comprises two states—rapid eye movement (REM) and non-REM (NREM) sleep—that alternate cyclically across a sleep episode. State characteristics are well defined: NREM sleep includes a variably synchronous cortical electroencephalogram (EEG) including sleep spindles, K-complexes, and slow waves) associated with low muscle tonus and minimal psychological activity; the REM sleep EEG is desynchronized, muscles are atonic, and dreaming is typical. A nightly pattern of sleep in mature humans sleeping on a regular schedule includes several reliable characteristics: Sleep begins in NREM and progresses through deeper NREM stages (stages 2, 3, and 4 using the classic definitions, or stages N2 and N3 using the updated definitions) before the first episode of REM sleep occurs approximately 80 to 100 minutes later. Thereafter, NREM sleep and REM sleep cycle with a period of approximately 90 minutes. NREM stages 3 and 4 (or stage N3) concentrate in the early NREM cycles, and REM sleep episodes lengthen across the night.

Age-related changes are also predictable: Newborn humans enter REM sleep (called active sleep) before NREM (called quiet sleep) and have a shorter sleep cycle (approximately 50 minutes); coherent sleep stages emerge as the brain matures during the first year. At birth, active sleep is approximately 50% of total sleep and declines over the first 2 years to approximately 20% to 25%. NREM sleep slow waves are not present at birth but emerge in the first 2 years. Slow-wave sleep (stages 3 and 4) decreases across adolescence by 40% from preteen years and continues a slower decline into old age, particularly in men and less so in women. REM sleep as a percentage of total sleep is approximately 20% to 25% across childhood, adolescence, adulthood, and into old age except in dementia. Other factors predictably alter sleep, such as previous sleep-wake history (e.g., homeostatic load), phase of the circadian timing system, ambient temperature, drugs, and sleep disorders.

A clear appreciation of the normal characteristics of sleep provides a strong background and template for understanding clinical conditions in which “normal” characteristics are altered, as well as for interpreting certain consequences of sleep disorders. In this chapter, the normal young adult sleep pattern is described as a working baseline pattern. Normative changes due to aging and other factors are described with that background in mind. Several major sleep disorders are highlighted by their differences from the normative pattern.

Sleep Definitions

According to a simple behavioral definition, sleep is a reversible behavioral state of perceptual disengagement from and unresponsiveness to the environment. It is also true that sleep is a complex amalgam of physiologic and behavioral processes. Sleep is typically (but not necessarily) accompanied by postural recumbence, behavioral quiescence, closed eyes, and all the other indicators one commonly associates with sleeping. In the unusual circumstance, other behaviors can occur during sleep. These behaviors can include sleepwalking, sleepwalking, teeth grinding, and other physical activities. Anomalies involving sleep processes also include intrusions of sleep—sleep itself, dream imagery, or muscle weakness—into wakefulness, for example (Box 2-1).

Box 2-1

Sleep Medicine Methodology and Nomenclature

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Meir H. Kryger, Thomas Roth, William C. Dement



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Fundamentals of Sleep Technology Teofilo Lee-Chiong, M.D., 2012-06-01 Fundamentals of Sleep Technology provides a thorough understanding of the use of polysomnography and other technologies in the evaluation and management of sleep disorders Coverage includes in depth reviews of the neurophysiology and cardiopulmonary aspects of sleep along with the pathophysiology of sleep disorders Detailed sections on polysomnography include recording procedures identifying and scoring sleep stages and sleep related events and report generation Chapters discuss therapeutic interventions including positive airway pressure supplemental oxygen surgical and pharmacologic treatments and patient education A section focuses on pediatric sleep disorders and polysomnography Also included are chapters on establishing and managing a sleep center and accrediting a sleep program Fundamentals of Sleep Technology is endorsed by American Association of Sleep

Technologists AAST AAST committees oversaw the development of this book defining the table of contents recruiting the Editors and providing most of the contributors **Sleep Medicine Pearls E-Book** Richard B. Berry, Mary H.

Wagner, 2014-09-15 Sleep Medicine is a rapidly growing and changing field Experienced sleep medicine clinicians and educators Richard B Berry MD and Mary H Wagner MD present the completely revised third edition of Sleep Medicine Pearls featuring 150 cases that review key elements in the evaluation and management of a wide variety of sleep disorders The cases are preceded by short fundamentals chapters that present enough basic information so that a physician new to sleep medicine can start reading page 1 and quickly learn the essential information needed to care for patients with sleep disorders A concise practical format makes this an ideal resource for sleep medicine physicians in active practice sleep fellows learning sleep medicine and physicians studying for the sleep boards Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Zero in on the practical case based information you need to effectively interpret sleep studies polysomnography home sleep testing multiple sleep latency testing sleep logs and actigraphy Get clear visual guidance with numerous figures and sleep tracings illustrating important concepts that teach the reader how to recognize important patterns needed to diagnose sleep disorders Confer on the go with short templated chapters ideal for use by busy physicians A combination of brief didactic material followed by case based examples illustrates major points Stay current with knowledge about the latest developments in sleep medicine by reading updated chapters using the new diagnostic criteria of the recently published International Classification of Sleep Disorder 3rd Edition and sleep staging and respiratory event scoring using updated versions of the scoring manual of the American Academy of Sleep Medicine Manual for the Scoring of Sleep and Associated Events Benefit from Drs Berry and Wagner's 25 years of clinical experience providing care for patients with sleep disorders and educational expertise from presenting lectures at local regional and national sleep medicine courses Dr Berry was awarded the AASM Excellence in Education Award in 2010

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Principles and Practice of Pediatric Sleep Medicine Stephen H. Sheldon, Richard Ferber (M.D.), Meir H. Kryger, 2005 This companion to Kryger et al s PRINCIPLES AND PRACTICE OF SLEEP MEDICINE focuses on the diagnosis and treatment of a full range of sleep disorders in children Recognised leaders in the field offer definitive guidance on virtually all of the sleep associated problems encountered in paediatrics from sleep and colic to obstructive sleep apnea neurological disorders and hypersomnias to sleep related enuresis As a reference book this edition should hold its value for a long time Editors Sheldon Ferber Kryger and Gozal deserve appreciation for their masterly compilation eBook version naturally adds further versatility and ease for the readers Reviewed by British Association for Community Child Health BACCH Nov 2014 Presents up to date information of the field s hottest topics in chapters on Pharmacology of Sleep in Children Epidemiology of Sleep Disorders During Childhood Circadian Rhythm Disorders Diagnosis and Treatment and Differential Diagnosis of Pediatric Sleep Disorders Organizes information into separate sections covering normal and abnormal sleep for quick reference Makes further investigation easy with abundantly referenced chapters Addresses both medical and psychiatric sleep disorders Features the expertise of Drs Sheldon Kryger and Ferber renowned authorities in the field of sleep medicine

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