



# Parasomnia

**A. Preview.** Read the definition of *parasomnia*. Have you, or has anyone you know, experienced this problem? What other sleep problems might someone have?

**Parasomnia** par·a·som·ni·a (*n.*) a type of sleep disorder, or sleep problem, in which people move or act in an unnatural way while they are asleep, for example, talking or walking in their sleep

**B. Summarize.** Watch the video, *Parasomnia*. Then complete the summary below using words from the box. One word is extra.

events	major	period	therefore
individuals	mind	stages	vision

For people with *parasomnia*, getting a good night’s sleep can be a

1. \_\_\_\_\_ problem. Parasomnia happens during the  
 2. \_\_\_\_\_ of time before REM sleep (the time when you dream). When you fall asleep, you go through four main  
 3. \_\_\_\_\_ before REM sleep. During this time, your heart and breathing relax, and your brain waves get slower. The thinking part of the brain—the 4. \_\_\_\_\_ —is asleep. In some  
 5. \_\_\_\_\_, however, the part of the brain that controls the body is still awake. 6. \_\_\_\_\_, these people are able to walk, talk, and do other things while they are still asleep. Most of these people cannot remember these 7. \_\_\_\_\_ when they wake up the next day.

**C. Think About It.**

1. Do you get enough sleep? If you don’t sleep well one night, do you feel different the next day?
2. What can people do to sleep better?



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