

## **English conversation**

**21 11 2023**

### **Sleep**

#### **Dreams vs nightmares**

REM and non REM sleep

**Rapid eye movement sleep (REM sleep or REMS)** is a unique phase of sleep in mammals and birds, characterized by random rapid movement of the eyes, accompanied by low muscle tone throughout the body, and the propensity of the sleeper to dream vividly.

**Do you tend to have pleasant dreams or nightmares?**

**What are lucid dreams?**

A **lucid dream** is a type of dream in which the dreamer becomes aware that they are dreaming while dreaming. During a lucid dream, the dreamer may gain some amount of control over the dream characters, narrative, or environment

**What are the main types of sleeping disorders?**

#### **Sleep disorders, sleepwalking, snoring**

##### **Insomnia**

There are two classifications of insomnia, acute and chronic. Acute insomnia is short-term and can be caused by jetlag due to international travel or a traumatic experience. Chronic insomnia is long-term and lasts for more than a month.

##### **Narcolepsy**

Narcolepsy refers to excessive daytime sleepiness or drowsiness that cannot be controlled. People with this condition tend to suffer from sudden attacks of sleep at random moments during the day – even while operating machinery or working.

##### **Restless Legs Syndrome (RLS)**

RLS is a condition that causes your legs to move or shake because of an unpleasant sensation. It usually happens during nighttime when you sleep, which makes it difficult to fall or stay asleep. RLS can occur at any age, although it is commonly observed in adults and gets worse with age.

## **The importance of power naps and siestas**

What is a power nap?

### **What is the ideal duration of a power nap and siestas**

Power naps at work (in companies like Google)

**Sleep hygiene** (temperature in the room, food, light, pre-sleep activities)