

**Sleepwalking Disorder**

- A. Repeated episodes of rising from bed during sleep and walking about, usually occurring during the first third of the major sleep episode.
- B. While sleepwalking, the person has a blank, staring face, is relatively unresponsive to the efforts of others to communicate with him or her, and can be awakened only with great difficulty.
- C. On awakening (either from the sleepwalking episode or the next morning), the person has amnesia for the episode.
- D. Within several minutes after awakening from the sleepwalking episode, there is no impairment in mental activity or behavior (although there may initially be a short period of confusion or disorientation).
- E. The sleepwalking causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- F. The disturbance is not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition.

**Sleep Terror Disorder**

- A. Recurrent episodes of abrupt wakening from sleep, usually occurring during the first third of the major sleep episode and beginning with a panicky scream.
- B. Intense fear and signs of autonomic arousal, such as tachycardia, rapid breathing, and sweating, during each episode.
- C. Relative unresponsiveness to efforts of others to comfort the person during the episode.
- D. No detailed dream is recalled and there is amnesia for the episode.

- E. The episodes cause clinically significant distress or impairment in social, occupational, or other important functioning.
- F. The disturbance is not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition.

**Nightmare Disorder**

- A. Repeated awakenings from the major sleep period or naps with detailed recall of extended and extremely frightening dreams, usually involving threats to survival, security, or self-esteem. The awakenings generally occur during the second half of the sleep period.
- B. On awakening from the frightening dreams, the person rapidly becomes oriented and alert (in contrast to the confusion and disorientation seen in Sleep Terror Disorder and some forms of epilepsy).
- C. The dream experience, or the sleep disturbance resulting from the awakening, causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- D. The nightmares do not occur exclusively during the course of another mental disorder (e.g., Delirium, Post-Traumatic Stress Disorder) and are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition.

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**USING DSM-IV-TR**

Health care providers often use language unfamiliar to clients and their families. Explain *amnesia for a sleepwalking episode* in terms that clients and family members can readily understand.