MULAT: Illustrated Book on the Experiences of Parasomnia

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ABSTRACT

Sleep problems or disorders are significantly impacting on quality of life, mental health, and performance at work and at home. Having no concern and not being aware can lead to poor health. Problems with the quality, timing and amount of sleep, or even lifestyle can cause problems. Experiences of different sleep behaviors like sleepwalking, night terrors, and talking during one’s sleep are called Parasomnias, a kind of sleep disorder which is a motor, verbal, or experiential phenomenon that is often undesirable. These behaviors often take inappropriate and even violent pathways that can prove harmful to both the individual and others. There are two types of Parasomnia, one that occurs during Non-rapid eye movement sleep which are the Non-REM Parasomnia, and the other which occurs during Rapid eye movement sleep: the REM parasomnias. Sleep health is less frequently defined. Identification and treatment of sleep disorders is important because of their functional impairment and even greater health risks. On turning attention to the assessment and treatment of different Parasomnias, people also need to be knowledgeable of these sleep disorders as it is important to differentiate between them to enhance the understanding. Also, a person can learn from the experience and even more, if information about what they had experienced became available to be read or seen through illustrations and informative details, it becomes an advantage to the people. People can perceive visual information more quickly. Illustrations not only add visual appeal but can also enhance the details or story of what they are reading. Hence, the researcher has designed and published an illustrated book on the experiences of Parasomnia to contribute awareness regarding Parasomnias and inform them of the causes.

Keywords: sleep disorder, experiences, parasomnia, illustration
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