CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

Sleepwalking and night terrors

Partial awakenings from deep sleep with behaviors such as sleepwalking or episodes of screaming and intense fear, of which the person hardly remembers anything.

COMMON SIGNS

- Walking or talking in sleep
- Screaming and terror without fully waking
- No memory of it the next day

TIPS FOR YOU

1. Make the surroundings safe (doors, windows, stairs)
2. Don't try to wake them abruptly
3. Keep regular sleep times and avoid lack of sleep

FOR FAMILY AND FRIENDS

1. Secure doors, windows and stairs
2. Don't wake them abruptly: guide them back to bed

WHEN TO ASK FOR HELP

1. If there is a risk of injury
2. If it starts in adulthood

TO OBSERVE AND NOTE DOWN

☐ Walks or talks in their sleep
☐ Wakes up screaming and very frightened
☐ Doesn't recognise the person trying to calm them
☐ Doesn't remember it the next day
☐ It happens in the first half of the night
☐ It happens more when they sleep little or are anxious
☐ Has been at risk of hurting themselves
☐ It happens several times a month

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/sonambulismo-y-terrores-nocturnos
- Spanish Sleep Society: information for patients: https://ses.org.es/
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com