

Table 1	
NREM parasomnia subtypes	
Somnambulism (sleepwalking)	Behaviour ranging from sitting on the edge of the bed to walking around the bed, leaving the bedroom, dressing, cooking, escape attempts (e.g. trying to leave the house), and driving
Confusional arousal	Awaking from sleep with disorientation and slow to respond
Sleep terror	More abrupt arousal from sleep with expressions of intense fear and panic
Sexsomnia (sleep sex)	Engagement in sexual activities while asleep (including penetrative intercourse on rare occasions)
Sleep-related eating disorder	Getting up and consuming food while asleep, often quickly and excessively. This may include things that the patient would not normally eat, such as cigarettes. Injury can occur during careless food preparation