### STUDY GUIDE

**CHAPTER 15**

1. Name and define sleep-related disorders contained in the DSM-5-TR and ICD-11.
2. Discuss the issues with the comorbidity of sleep disorders and other mental and physical disorders
3. How have ideas about sleep changed throughout history?
4. What are the stages of the sleep cycle?
5. Explain the hyperarousal theory of insomnia.
6. What is orexin and why do biological researchers believe it is important in understanding narcolepsy?
7. How do biological researchers explain NREM sleep disruption and parasomnias? What medication do they sometimes suspect increases the likelihood of sleepwalking?
8. What drugs are prescribed for those who sleep too much? What drugs are prescribed for lack of sleep? What research evidence is there for these drugs?
9. How do psychodynamic theorists explain and treat nightmares?
10. What techniques are used in cognitive-behavioral therapy for insomnia (CBT-I)? What is the research status of CBT-I?
11. According to a sociocultural perspective, how might organizational injustice and other forms of social oppression influence sleep?
12. How do the DSM-5-TR, and ICD-11 define enuresis and encopresis? How have these definitions been criticized? What problems tend to be comorbid with elimination issues and what question does high comorbidity raise?
13. Outline historical understandings of enuresis.
14. What role is attributed to genetics when it comes to enuresis?
15. What drugs are prescribed to children experiencing enuresis and why? What does research suggest about the effectiveness of these drugs? What are the risks of using them?
16. Explain the logic of using behavior therapy to treat enuresis, making sure to discuss the enuresis alarm and dry-bed training. What research evidence is offered for behavior therapy for enuresis and what are its drawbacks?
17. How is CBT used to treat encopresis with constipation? What is the research status of this approach?
18. How do psychodynamic therapists conceptualize enuresis and how do they explain primary versus secondary enuresis? What research evidence is there for psychodynamic interventions for enuresis?
19. How does narrative therapy help with symptoms of enuresis and encopresis?
20. What roles do culture, stigma, and socioeconomic status play when it comes to elimination issues?
21. How is structural family therapy used to address elimination issues? What is its research status?
22. Describe how acupuncture and hypnosis are used as alternative therapies for elimination issues, giving any evidence of their effectiveness.