Sleep Terms

AB – Automatic Behavior

ADD – Attention Deficit Disorder, A persistent pattern of inattention occurring more frequently and severely than is typical in those at a comparable level of development

ADHD – Attention Deficit Hyperactivity Disorder, A persistent pattern of inattention, hyperactivity and impulsivity, or both, occurring more frequently and severely than is typical in those at a comparable level of development

AERMS – Ambulatory Electrocardiogram-Respiration Monitoring System

AHI – Apnea/Hypopnea Index

AI – Apnea Index

APAP (Auto-CPAP) – Auto-Titrating, Self-Adjusting Device

Apnea – A pause in breathing during sleep that lasts at least 10 seconds. It involves a reduction in airflow of 90% or more. This is measured by thermal sensors.

Apnea-Hypopnea Index (AHI) – A measurement of the overall severity of sleep apnea. AHI is an average of the combined episodes of apnea and hypopnea that occur per hour of sleep. An AHI of 15 or more indicates that an individual has OSA. If an individual has symptoms of OSA, such as excessive daytime sleepiness or high blood pressure, then a lower AHI of 5 or more indicates that an individual has OSA.

Auto-Titrating, Self-Adjusting Device (APAP) – These PAP units have an automatic, self-adjusting mode that raises or lowers the air pressure as needed.

Bi-Level Positive-Airway Pressure (Bi-PAP) – These PAP units provide two levels of air pressure: a higher level when an individual inhales and a lower-level when an individual exhales

Bi-PAP (BPAP) – Trademark name of a Bi-Level CPAP machine

Blood oxygen saturation (SaO2) – The level of oxygen in your blood. It is measured by an oximeter. Episodes of CSA and OSA reduce the oxygen in blood. This can lead to hypoxemia and hypercapnia.

BMI – Body Mass Index

BPM – Beats per Minute

C – Cataplexy, A sudden, brief loss of muscle control brought on by strong emotion or emotional response, such as a hearty laugh, excitement, surprise or anger. Although this may cause collapse, the patient remains fully conscious. The episode lasts from a few seconds to as long as several minutes. The condition may be less severe with age. About 70% of patients with narcolepsy also have cataplexy.

Cannula – A flexible tube that is inserted into an individual’s nose. It is used with a nasal pressure transducer to measure airflow
Central Sleep Apnea (CSA) – A sleep-related breathing disorder that occurs when the brain fails to tell the lungs to breathe. It is most common in the elderly and in patients who have heart disease or have had a stroke. In contrast to OSA, it is unrelated to an obstructed airway.

CFIDS – Chronic Fatigue Immune Dysfunction Syndrome

CFS – Chronic Fatigue Syndrome, A syndrome marked by incapacitating fatigue that rest does not relieve, and decreased physical, cognitive, and social function.

Continuous Positive Airway Pressure – These PAP units provide one fixed level of air pressure

CPAP – Continuous Positive Airway Pressure

cps – Cycles per second, A unit of frequency equal to 1 cycle/second

CSR – Cheyne-Stokes Respiration, A breathing pattern marked by a period of apnea lasting 10 to 60 seconds, followed by gradually increasing depth and frequency of respirations (hyperventilation).

DIMS – Disorders of Initiating and Maintaining Sleep

DME – Durable Medical Equipment, Assistive devices used by patients at home

DOES – Disorders of Excessive Somnolence

DSPS – Delayed Sleep Phase Syndrome

EDS – Excessive Daytime Sleepiness

EEG – Electroencephalogram

EH – Essential Hypersomnia

EKG – Electrocardiogram

Electrocardiogram (EKG) – A graphic record of the electrical activity of the heart. Electrodes are placed below the collar bone and on the ribcage. Episodes of apnea can cause repeated changes in heart rate and blood pressure.

Electroencephalogram (EEG) – A graphic record of the electrical activity of the brain. The brain waves are recorded by electrodes that are placed on the head. Different types of brain waves occur during the various sleep stages. Each type of brain wave has a different frequency.

Electromyogram (EMG) – A graphic record of muscle movements. Electrodes are placed on the chin and the legs. Muscles relax during the transition from wake to sleep. Then the brain paralyzes many of the muscles during the stage of REM sleep, although muscle twitches may occur. Leg movements may be a sign of restless leg syndrome or periodic limb movements.

EMG – Electromyogram

EOG – Electro-oculogram, Recording of the electric currents produced by eye movements
EPAP – Expiratory Positive Airway Pressure

GERD – Gastroesophageal Reflux Disease, A common condition in which acid from the stomach flows back into the esophagus, causing discomfort and, in some instances, damage to the esophageal lining.

HH – Hypnogogic Hallucinations

Hypopnea – A partial reduction is breathing of at least 30% that lasts at least 10 seconds during sleep. This is measured by a nasal pressure transducer.

IH – Idiopathic Hypersomnia

IPAP – Inspiratory Positive Airway Pressure

ITS – I’m Tired Syndrome

LAUP – Laser-Assisted Uvulopalatoplasty

LO – Lights Out (beginning of sleep recording)

Maintenance of Wakefulness Test (MWT) – Measures how well an individual is able to stay awake during the day. It is used to evaluate how well treatment improves the daytime symptoms of a sleep disorder.

MIRS – Mandibular Inclined Repositioning Unit

MMOA (MMA) – Mandibular Maxillary Osteotomy and Advancement

MSLT – Multiple Sleep Latency Test

Multiple Sleep Latency Test (MSLT) – A nap study that measures how quickly an individual falls asleep during the day. It is used primarily to detect narcolepsy.

MWT – Maintenance of Wakefulness Test

N – Narcolepsy, A disorder marked by recurrent, uncontrollable attacks of daytime sleepiness, often associated with temporary muscular paralysis (cataplexy), which may occur after powerful emotional experiences.

NMH – Neurally Mediated Hypotension

NPT – Nocturnal Penile Tumescence, Erection occurring during sleep

NREM – Non-Rapid Eye Movement (sleep)

NS-RED – Nocturnal Sleep-Related Eating Disorder

Obstructive Sleep Apnea (OSA) – A sleep-related breathing disorder that involves repeated episodes of hypopnea and apnea, despite an on-going respiratory effort. It occurs when the muscles relax during sleep, causing soft tissue in the back of the throat to collapse and block the upper airway.
OCD – Obsessive Compulsive Disorder, A disorder whose hallmarks are recurring thoughts, ideas, feelings, or actions that either cause significant psychological distress or that interfere with effective living.

ODI – Oxygen Desaturation Index

OSA – Obstructive Sleep Apnea

OSAS – Obstructive Sleep Apnea Syndrome

PET – Positron Emission Tomography

PLMD – Periodic Leg Movement Disorder

PLMS – Periodic Leg Movements of Sleep, Jerking or twitching of the toes, ankles, knees, or hips during sleep

PND – Paroxysmal Nocturnal Dyspnea, Sudden attacks of shortness of breath that usually occur when patients are asleep in bed. PND is one of the classic symptoms of left ventricular failure, although it may also occasionally be caused by sleep apnea or by nocturnal cardiac ischemia.

PO2 – partial pressure of oxygen (O2) in the blood

PSG – polysomnogram, A sleep test that simultaneously monitors respiratory, cardiac, muscle, brain, and ocular function during sleep.

PWN – Person (people) With Narcolepsy

PWON – Person (people) without Narcolepsy

POPWN – Parent of a person with Narcolepsy

PS – Paradoxical Sleep

QS – Quiet Sleep

RERA – Respiratory Effort-Related Arousal

RBD – REM Behavior Disorder, A relatively rare sleep disorder in which people act out their dreams during REM sleep, a phase of sleep during which most people are normally paralyzed.

RDI – Respiratory Disturbance Index

REM – Rapid Eye Movement (sleep)

REML – REM Latency

RLS – Restless Leg Syndrome, A condition of unknown cause marked by an intolerable creeping sensation or itching in the lower extremities and causing an almost irresistible urge to move the legs.

RSD – Reflex Sympathetic Dystrophy, An abnormal response of the nerves of the face or an extremity, marked by pain, autonomic dysfunction, vasomotor instability, and tissue swelling.
SA – Sleep Apnea, The temporary absence of breathing during sleep

SAD – Seasonal Affective Disorder, A mood disorder characterized by dysphoria or depression in fall and winter, and, sometimes, relative mania or hypomania in the spring and summer.

SaO2 – the percentage of normal oxygen level in the blood.

SAS – Sleep Apnea Syndrome

SAHS – Sleep Apnea/Hypopnea Syndrome

SDB – Sleep-Disordered Breathing

SEGS – Number of REM segments

SEI – Sleep Efficiency Index

SEM – Slow Eye Movement

SL – Sleep Latency

Sleep Architecture – A term that refers to all aspects of an individual’s sleep pattern, including total sleep time, sleep latency, sleep efficiency and sleep stages.

Sleep Efficiency – The percentage of total recording time that an individual spends asleep

Sleep Latency (SL) – The length of time from when the lights are turned off to sleep onset.

Sleep Onset (SO) – The moment an individual falls asleep

SO – Sleep Onset

SOREM – Sleep Onset REM

SOPWN – Spouse of a PWN

SP – Sleep Paralysis

SPT – Sleep Period Time

SRBD – Sleep-Related Breathing Disorder

SRRD – Sleep-Related Respiratory Disturbance

SSRI – Selective Seratonin Reuptake Inhibitor, Any one class of drugs that interferes with serotonin transport, used in treating depression, obsessive-compulsive behaviors, eating disorders, and social phobias

SSS – Stanford Sleepiness Scale

SWL – Slow Wave Latency
SWS – Slow Wave Sleep
SWDS – Sleep – Wake Schedule Disorder
S1-S4 – Sleep Stages one to four
TCA – TriCyclic Antidepressant
TIB – Time in Bed
Titrations – The process of setting the air-pressure level of a PAP device so that it eliminates episodes of apnea and hypopnea.
TLC – Total Lung Capacity
Total Recording Time (TRT) – The length of time from “lights out” to “lights on”.
Total Sleep Time (TST) – The total amount of time a person spends asleep during the total recording time.
TMT – Total Movement Time
TRD – Tongue Retaining Device
TRT – Total Recording Time
TREM – Total REM time
TST – Total Sleep Time
TSW – Total Slow Wave Sleep (Stage 3 and 4)
TT – Total Time
TWT – Total Wake Time
UARS – Upper Airway Resistance Syndrome, A type of sleep-disordered breathing, caused by increased airflow obstruction, in which a person awakens multiple times and then suffers daytime drowsiness or fatigue
UPPP – Uvulopalatopharyngoplasty, Plastic surgery of the oropharynx in which redundant soft palate, uvula, pillars, fauces, and sometimes posterior pharyngeal wall mucosa are removed. It is usually done to correct intractable snoring or sleep apnea.
VPAP – Variable Positive Airway Pressure
WAFA – Wake time After Final Awakening
WASO – Wake time after Sleep Onset
XPAP – Any type of positive airway pressure device