



REMOTE SLEEP SCORING

Sexsomnia (Sleep Sex)

Full Educational Lecture Script

Good evening.

Today we will discuss a rare and often misunderstood parasomnia:

Sexsomnia, also known as sleep-related sexual behavior.

This condition lies at the intersection of **sleep medicine, neurology, and behavioral science**, and has important medical, psychological, and legal implications.

Definition

Sexsomnia

Sexsomnia is defined as:

- Involuntary sexual behaviors during sleep
- Occurring without conscious awareness
- Typically arising from **non-REM sleep**

Classification

Sexsomnia is classified as a:

Non-REM parasomnia

Similar to:

- Sleepwalking
- Sleep terrors

These disorders involve **partial arousal from deep sleep**

What Happens During an Episode

During an episode, individuals may:

- Initiate sexual behaviors
- Engage in touching or intercourse
- Vocalize sexually
- Show automatic, goal-directed actions

After the episode:

- No memory of the event
 - Confusion if awakened
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Sleep Stage Association

Episodes most commonly arise from:

N3 (deep sleep)

This is the same stage associated with:

- Sleepwalking
 - Confusional arousals
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Pathophysiology

Sexsomnia occurs due to:

- Incomplete arousal from deep sleep
- Dissociation between brain regions

Result:

- Motor systems are activated
 - Conscious awareness remains suppressed
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Triggers

Common triggers include:

- Sleep deprivation
 - Stress
 - Alcohol or sedatives
 - Irregular sleep schedule
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Associated Conditions

Sexsomnia is often associated with:

- Obstructive Sleep Apnea
- Sleepwalking
- Insomnia Disorder

Fragmented sleep increases risk of parasomnias.

Clinical Presentation

Patients are often unaware.

Reports usually come from:

- Bed partners
- Family members

Features include:

- Recurrent episodes
 - Automatic behavior
 - Amnesia for the event
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Why It Happens

The brain is in a mixed state:

- Partially asleep
- Partially awake

This allows:

Complex behaviors without awareness

Differential Diagnosis

Important to distinguish from:

- Nocturnal seizures
- REM Sleep Behavior Disorder
- Psychiatric conditions

Each has different mechanisms and implications.

Diagnosis

Clinical History

- Detailed sleep history
 - Witness reports
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Polysomnography (PSG)

May show:

- Arousals from N3
- Associated sleep disorders

Video monitoring is helpful.

Risks and Implications

Sexsomnia has serious implications:

- Relationship strain
- Emotional distress
- Legal consequences

Consent cannot be established during sleep.

Treatment

Address Underlying Causes

- Treat sleep apnea
 - Improve sleep quality
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Behavioral Strategies

- Maintain consistent sleep schedule
 - Avoid sleep deprivation
 - Reduce alcohol use
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Safety Measures

- Separate sleeping arrangements if needed
 - Ensure safe environment
-

Medications

In selected cases:

- Benzodiazepines
- SSRIs

Used under medical supervision.

Prognosis

- Often improves with trigger control
- May persist if untreated

Managing underlying sleep disorders is key.

Key Clinical Insight

Sexsomnia is not intentional behavior.

It is a **sleep disorder involving automatic actions without awareness**

Summary

Sexsomnia is:

- A non-REM parasomnia
- Characterized by sexual behaviors during sleep
- Associated with amnesia

Treatment focuses on:

- Reducing triggers
 - Improving sleep
 - Ensuring safety
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Final Message

Sleep can produce complex behaviors without conscious control.

Understanding sexsomnia is essential to:

- Protect patients
- Support relationships
- Ensure proper medical care

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