

[2] Case Vignette: Sleep Disorders

A 70-year-old male

Chief complaint: Violent behavior during sleep

Life history

Born as the fifth of six siblings. No significant abnormalities were noted during the perinatal period. Graduated from elementary school, junior high school, and high school with top grades, then graduated from the Faculty of Education at A University and became a high school teacher. Married a fellow teacher at age 30 and has two children. After retiring at age 65, he has been living at home with his wife and eldest son. He has always had a nervous disposition.

History of present illness

Around the age of 65, he began frequently dreaming about fighting, and started hitting his wife who was sleeping next to him during the night. He also began making loud noises during the night, waking his eldest son who was sleeping in another room. These episodes occurred approximately three hours after falling asleep and repeated multiple times throughout the night. As the frequency increased, he visited the psychiatry department of B Hospital for the first time with the chief complaint of “violent behavior during sleep” (age 70 at the time of the visit). During the examination, the patient stated that he was aware of the content of his dreams and reported no daytime fatigue or sleepiness. According to his wife, he regained full consciousness immediately after waking from the dreams.

Applicants are required to submit an abstract responding to the following questions.

In your country or region,

Q1. What is the most likely diagnosis and differential diagnoses for this case. Include any necessary physical examinations and tests.

Q2. What complications may arise in the future in this case. Include any necessary physical examinations and tests.

Q3. What kind of guidance is provided for this case for the current and future daily life? Include any available social resources that may be necessary in the future.

Q4. Which medical specialty do patients with sleep disorders typically visit? What is the status of the development of the medical system for sleep disorders? Also, what is the educational system regarding sleep disorders in the psychiatric residency training.