

Published based on [Understanding Sleepwalking](#)

Understanding Sleepwalking

Some people sleep walk every night, others may sleep walk every once in a while, and others may never sleep walk once. If you are a sleep walker or know some one who is you should read this guide. This guide talks about what cause sleep walking and how to keep you or who ever is sleep walking in your house safe.

Somnambulism, more commonly known as sleepwalking, is a [sleep disorder](#) that occurs during the non-REM cycle, or deepest stage of sleep. People who sleepwalk may appear to be awake and will sit up, walk around, check their e-mail and even drive a car.

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