

Sleep Talking

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Sleep Talking is talking while asleep, including either nonsense sounds (gibberish) or intelligible conversation. This may happen when parts of the brain are awake while others are stuck in slow-wave sleep. The sleeping person is not aware that they are talking. Sleep talking by itself is not dangerous, but it can occur with other sleep disorders such as sleepwalking or night terrors. It is more common in children and may also occur during a fever or in times of stress.

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