Schemas

Name

Institution

**Project Objectives**

The objective of the project is to determine the association between the above-mentioned variables with the occurrence of narcolepsy among adolescents.

**Specific Aims**

This paper is aimed at analyzing the underlying reasons behind narcolepsy which is characterized by psychological, emotional and behavioral maladjustment including depression, eating disorder, smoking, addiction and rapid eye movement problems (Mahoney et. al., 2018). This paper highlights the significance of orexins- producing neurons in determining the onset of narcolepsy and association between narcolepsy and other multifaceted problems. Three specific aims of this study include:

1. To determine the association between orexins- producing neurons and narcolepsy
2. To determine the association between emotional, psychological and behavioral problems i.e., depression, sexual abuse, sleep quality, nutritional habits, and smoking status and narcolepsy
3. To determine the association between the particular parameters such as heart rate, level of oxygen in the blood, breathing rate and the movements of eyes and legs and narcolepsy

**Significance**

Needless to say, narcolepsy is a serious neurological condition that may be proven fatal in many instances. Exploring the underlying reasons behind narcolepsy is quite essential in this regard because being a multifaceted condition, it has various neurological, emotional and behavioral etiologies that need to be addressed. As discussed in the introduction section, narcolepsy is commonly exhibited by adolescents therefore it not only affects their mental wellbeing gravely but also takes a serious toll on their psychosocial development. Common factors associated with narcolepsy are decaying orexins- producing neurons, sexual abuse, sleep quality, nutritional habits, and smoking status (Denis, 2018). Besides this, various vital signs of individuals suffering from narcolepsy mark considerable deviation from the normal ranges that is something alarming for the healthcare professionals. Based on these biological, neurological, psychological, emotional, behavioral and social factors, need to understand the etiologies and corresponding treatments on urgent basis.

**References**

Denis, D. (2018). Relationships between sleep paralysis and sleep quality: Current insights. *Nature and Science of Sleep*, *10*, 355.

Mahoney, C. E., Cogswell, A., Koralnik, I. J., & Scammell, T. E. (2018). The neurobiological basis of narcolepsy. *Nature Reviews Neuroscience*, 1.