

# 4 - How Do You Remedy a Sleep Disorder?

Source: [Crunchyroll](#)

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(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**SIGN** *Comical Psychosomatic Medicine!*

**SIGN** Episode 4

"How Do You Remedy  
a Sleep Disorder?"

**[00:11] Asuna**

I'm Nurse Asuna of Yuu Mental Clinic.

**[00:14] Ryou**

I'm the psy—

**[00:14] Asuna**

This is Dr. Ryou, who does nothing but

**[00:16] ---**

count the stains on the ceiling  
from morning 'til night.

**SIGN** Hello?

**[00:18] Ryou**

Please stop. Some people  
might really believe that.

**[00:22] Asuna**

By the way, Doctor, my grandpa hasn't  
been able to get to sleep recently.

**[00:26] Asuna**

Could you give him some advice?

**[00:28] Ryou**

Uh, sure, I can do that.

**[00:31] Asuna**

Isn't that great, Grandpa?

**[00:34] Ryou**

He's totally asleep!

**[00:36] Ryou**

And why would you go to all this  
trouble to pretend you can't sleep?!

**[00:39] Ryou**

So, um...

**[00:40] Ryou**

I heard you haven't been able to  
get to sleep when you want to...

**[00:44] Grandpa**

You don't get to sleep  
with me when you want to?

**[00:47] Ryou**

You misheard me! And why are you blushing?!

**[00:50] Grandpa**

That's right. I haven't  
been able to sleep...

**[00:53] Grandpa**

with young girls.

**[00:55] Ryou**

Who cares about that?!

**[00:56] Asuna**

Doctor, this is a good opportunity,

**[00:57] Asuna**

so could you teach us  
about insomnia this time?

**[01:00] Ryou**

Then, before we get to insomnia,  
let's talk about sleep.

**SIGN** Sleep

**[01:03] Ryou**

There are two types of sleep:  
REM sleep and non-REM sleep.

**SIGN** REM Sleep

**SIGN** Non-REM Sleep

**SIGN** Harem Sleep

**[01:11] Asuna**

And that's ha-REM sleep, right?

**[01:13] Ryou**

There's no such thing!

**SIGN** REM Sleep

**[01:14] Ryou**

REM sleep is the state  
when your brain is awake,

**SIGN** Brain is awake,

but body is asleep.

**[01:17] ---**

but your body is asleep.

**[01:19] Ryou**

This stage is when you have dreams.

**[01:21] Ryou**

Many people experience

sleep paralysis, as well.

**[01:24] Guy**

*I'm conscious, but I can't move...*

**[01:26] Ryou**

It's believed that this also occurs during REM sleep.

**[01:30] Asuna**

Grandpa can't move!

**[01:31] Ryou**

Being unable to move because you're tied up

**[01:33] ---**

is not the same as sleep paralysis!

**[01:35] Grandpa**

This isn't REM sleep. It's M sleep.

**SIGN** M Sleep

**[01:38] Ryou**

What is this guy sleeptalking about?

**[01:40] Ryou**

Non-REM sleep is the opposite.

**[01:42] Ryou**

It's when your body is awake, but your brain is asleep.

**SIGN** Eeek!

**[01:46] Asuna**

Like that?

**[01:47] Ryou**

Is his brain really asleep?!

**[01:50] Ryou**

There are four stages of non-REM sleep.

**SIGN** Non-REM Sleep

**SIGN** Stage 1 Shallow

Stage 2

Stage 3

Stage 4 Deep

**[01:52] Ryou**

Each is said to be a progressively deeper state of sleep.

**[01:55] Ryou**

But as we age, sleep becomes more shallow and stops at stage 2 or 3.

**[02:00] Ryou**

This is why insomnia is more common.

**[02:02] Asuna**

I see!

**[02:03] Ryou**

Being stressed or worried about something  
also frequently causes insomnia.

**SIGN** Stress / Worry

**SIGN** Insomnia

**[02:08] Asuna**

Speaking of worries,

**[02:09] Asuna**

Mr. Y in Yuu Mental Clinic used  
to lose sleep on field trips

**SIGN** A. Instinctive Reaction

**[02:12] Asuna**

worrying about what he should do

**SIGN** I love you, too!

**SIGN** HUG

**SIGN** B. Gentlemanly Reaction

**[02:14] ---**

if a girl were to sneak into his room at night.

**SIGN** You should treasure yourself! But okay!

**SIGN** HUG

**[02:15] Ryou**

Wow. That's the most pointless worry ever.

**[02:18] Ryou**

There are two types of insomnia, as well.

**SIGN** Insomnia Types

**SIGN** Difficulty Falling Asleep

**[02:20] Ryou**

One is difficulty falling asleep.

**[02:22] Ryou**

This is the type more  
commonly caused by stress.

**SIGN** Early Awakening

**[02:25] Ryou**

The other is early awakening.

**SIGN** Early Awakening

**[02:27] Asuna**

Early awakening?!

**[02:29] Mom**

Yoshio, breakfast is ready.

**[02:31] Yoshio**

This is... my power...

**[02:33] Ryou**

Wrong kind of awakening!

**[02:34] Ryou**

What just awakened in Yoshio, anyway?!

**SIGN** Early Awakening

**[02:36] Ryou**

Early awakening means waking too early in the morning.

**SIGN** Waking Too Early in the Morning

**SIGN** Awakening Mid-Way

**[02:39] Ryou**

It's also called awakening mid-way.

**SIGN** Awakening Mid-Way

**[02:42] Asuna**

Awakening mid-way?!

**[02:43] Yamada**

This is... my power...

**[02:46] Girl**

The mid-career hire, Yamada-san, is...

**[02:48] Guy**

But I'm a new grad and I haven't had an awakening!

**[02:50] Ryou**

Enough with the "awakening" jokes!

**[02:52] Yoshio**

Let's do this, Dad!

**[02:54] Yamada**

Can you surpass your father, Yoshio?!

**[02:58] Yoshio**

Take this!

**[02:59] Yamada**

I won't be defeated!

**[03:14] Grandpa**

And so, civilization was destroyed...

**[03:18] Grandpa**

And my very own harem kingdom was created!

**[03:22] Ryou**

That was just your dream?!

**SIGN** Sleep Disorders

**SIGN** Other Patterns

**[03:24] Ryou**

Other sleep disorders include day-night sleep rhythm reversal,

**SIGN** Day-Night Sleep Rhythm Reversal

**SIGN** Day-Night Sleep Rhythm Reversal Overall Shallow Sleep

**[03:28] Ryou**

and overall shallow sleep.

**[03:31] Ryou**

All difficulties sleeping are broadly referred to as sleep disorders.

**[03:34] Asuna**

I have a friend who has difficulty resisting sleeping with anyone.

**[03:38] Asuna**

Is that a sleep disorder?

**[03:39] Grandpa**

Can you introduce me to her?

**[03:41] Ryou**

Suddenly, he's awake!

**[03:42] Ryou**

Regardless, there are many  
types of sleep disorders,

**[03:46] Ryou**

but all of them can be  
remedied with medication.

**[03:49] Asuna**

What options are there besides medication?

**[03:51] Ryou**

There are several, such as turning off lights,

**SIGN** Turning Off Lights

**SIGN** Sleep Journal

**[03:54] Ryou**

keeping a sleep journal,

**SIGN** Turning Off Lights Earplugs

**[03:56] Ryou**

using earplugs,

**SIGN** Sleep Journal Raise Room Temperature

**[03:57] Ryou**

and raising the room temperature a bit.

**[04:00] Asuna**

I see!

**[04:01] Ryou**

Still, the best remedy may be  
to not think about it too much.

**[04:04] Ryou**

What's most important is to relax.

**[04:06] Asuna**

Relax?

**[04:07] Ryou**

Yes. If you just keep thinking,  
"I can't sleep! I have to get to sleep!"

**[04:12] Ryou**

you'll just grow more mentally exhausted.

**[04:14] Ryou**

Telling yourself that just  
lying down will calm your body

**[04:18] ---**

and mind is important to relaxing.

**SIGN** Today's Theme:

"Sleep Disorders"

**[04:20] Asuna**

Got it!

**[04:22] Asuna**

Don't think about it, be calm,  
and relax, right?

**[04:24] Ryou**

Right.

**[04:26] Grandpa**

By the way...

**[04:27] Grandpa**

I sleep pretty deeply sometimes.

**[04:31] Grandpa**

When is my life going to  
have that kind of depth?

**[04:35] Ryou**

I can't say much about that...

**SIGN** This program is a work of fiction. There is no guarantee that the treatments mentioned herein

will work. Before having a medical exam, make sure the doctor deals in these treatments first.

**SIGN** If you're stuck in a deep place,  
visit the mental clinic!

**SIGN**

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