

Hypersomnolence Disorders

Hypersomnolence Disorders are sleep disorders characterized by excessive daytime sleepiness.

Dr. Marla Shapiro, Board Certified Behavioral Sleep Medicine provider, can provide initial screening, referrals, and behavioral strategies to help you manage symptoms so that they don't manage you! www.brainhealthpllc.com.

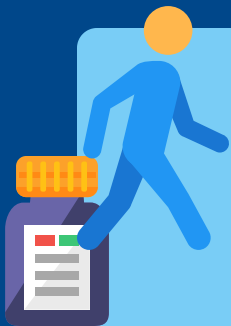
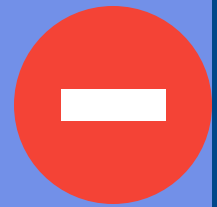


What are they

They are neurological disorders. Most common are Narcolepsy Type 1 and Type 2, and Idiopathic Hypersomnia (IH). Diagnoses are typically confirmed by sleep medicine physicians after review of history and symptoms, using overnight and daytime sleep studies in a sleep lab.

What they are NOT

These are sleep disorders that are NOT caused by lack of opportunities to sleep (like staying up too late), bad habits, shift work, or jet lag, chronic pain, depression, or other identifiable causes or circumstances.



Treatment

Like many chronic disorders, they are most effectively treated with a combination of medical and behavioral strategies to maximize good, quality and restful sleep. Exercise and good sleep habits also matter.

Other resources

There are national organizations and research centers that provide excellent resources for patient advocacy, education, peer support, and workplace and classroom strategies, in addition to clinical trials:

- <https://narcolepsynetwork.org/>
- <https://www.hypersomniafoundation.org/ih/>
- <https://www.sleepfoundation.org/>
- <https://behavioralsleep.org/> - Public Resources
- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

