

What is the Treatment of hypersomnia?

Stimulant medications, such as modafinil has been used for several years to treat narcolepsy and hypersomnia.

Behavioral treatment including good sleep hygiene ,maintain a regular sleep schedule, Scheduled naps during the day also may help in addition avoiding shift work is essential

What is MSLT?

MSLT Multiple Sleep Latency Test generally begins 2 hours of waking up in the morning. The patient is placed in a sleep-inducing environment (dark & quiet room) and is instructed to try to sleep. It consists of four or five opportunities (at 2-hour intervals throughout the day) to take a 15- to 20-minute nap to assess how fast the patient may fall to sleep to assess the severity of sleepiness

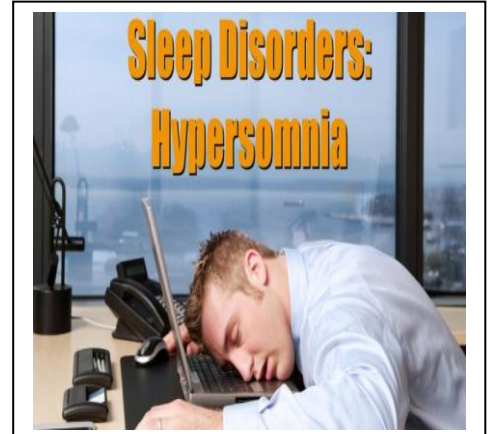


Tips for sleepy drivers

- Start any trip by getting enough sleep beforehand. If possible, take a nap shortly before you expect to go on duty.
- Be alert for feelings of drowsiness, especially between 2 a.m. and 6 a.m.
- If you feel too drowsy to drive, stop in safe area and take a nap.
- If you are driving in a team, talk to your co-driver. However, if your co-driver is sleeping, remember that he or she needs to get some rest.
- Parking on the shoulder is dangerous and is prohibited on highways. Find a truck stop, rest area, or pull off to a safe location.
- Schedule a break every two hours. Stop sooner if you show any danger signs of sleepiness.
- During your break take a nap, stretch, take a walk and get some exercise before getting back into the cab.
- Get some fresh air into your cab.
- Do not drive if you have sleep disorder not well controlled
- Discuss everything that you are taking (including nonprescription items) with your doctor or pharmacist.

Clinical contents from
Dr. Hassan Alhariri
Consultant sleep Medicine
Pulmonary & sleep medicine department

What is Hypersomnia?



Sleep disorders
Center

What is Hypersomnia? Many people feel drowsy in early afternoon and they have a desire for a quick nap, this is probably normal and different from excessive daytime sleepiness, which is a much more significant problem. Hypersomnia is defined as a disorder of excessive sleepiness; it is usually a life-long disorder beginning in young adulthood. It can be debilitating, affecting the patient's work, school, and social functioning.



What Are the Symptoms? Patients often have an extremely difficult time waking, may experience sleep drunkenness (severe disorientation upon awakening), and do not feel refreshed after sleep. Patients may also experience cognitive problems and autonomic dysfunction (such as dizziness when standing up, headaches, and cold hands and feet). Women often experience worsening of their symptoms just prior to menses

What is causing excessive daytime sleepiness?

By far, the most common cause of excessive daytime sleepiness is chronic sleep deprivation. Healthy adults can require anywhere from 4 to 10 hours of sleep. Therefore, people who need 8 hours of sleep a night but receive only 6 hours may become severely sleep deprived and notably hyper somnolent. Other medical conditions may cause hypersomnia Obstructive sleep apnea ,Posttraumatic hypersomnia ,Brain tumors, Metabolic disorder such as hypothyroidism, Seizure disorder, Hydrocephalus ,Depression and Medication-induced hypersomnia



What is Narcolepsy? Narcolepsy is a clinical syndrome of daytime sleepiness, cataplexy (sudden bilateral loss of muscle tone), hypnagogic hallucinations which are vivid, often frightening visual, tactile, or auditory hallucinations that occur as the patient is falling asleep, and sleep paralysis which is the complete inability to move for one or two minutes immediately after awakening. Only one-third of patients will have all of these classical findings.

What is Primary hypersomnia? It is excessive sleepiness for at least 1 month and is not related to other mental disorder or direct physiological effects of a medications

How Is Idiopathic Hypersomnia Diagnosed? Fatigue and sleepiness can be caused by a variety of disorders. sleep studies are needed to confirm the diagnosis and to rule out other sleep disorders as a possible cause. The sleep studies include an overnight polysomnography (PSG) and a Multiple Sleep Latency Test (MSLT). Actigraphy and sleep diaries may be helpful in documenting sleep over a longer period. Laboratory tests or brain imaging studies may be necessary and are determined on a case-by case basis.