

Sleep disorder

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B)HYPERSONMIA

Hypersomnia means one or more of the following:

- Excessive day time sleepiness.
- Sleep attacks during day time(falling asleep unintentionally)
- Sleep drunkenness(person needs much more time to awaken and during this period is confused or disoriented)

CAUSES

1) MEDICAL ILLNESS

- Narcolepsy (in about 25% of all patients with hypersomnia)
- Sleep apnea (in about 50% of all patients with hypersomnia)
- Kleine-Levine syndrome

2) ALCOHOL AND DRUG USE

- Stimulant withdrawal
- Alcohol intoxication
- Use of CNS depressant medications

CONTINUE...

3)PSYCHIATRIC DISORDERS

- Dysthymia
- Atypical depression
- Avoidance reaction

4)IDIOPATHIC HYPERSOMNIA

MEDICAL ILLNESS

1)NARCOLEPSY

Consists of excessive daytime sleepiness and abnormal manifestation of REM sleep occurring daily for at least 3 months.



SYMPTOMS

- Sleep attacks(**most common**)
- Cataplexy-sudden decrease or loss of (sleep paralysis)muscle tone,often generalized and may lead on to sleep.
- Hypnagogic hallucinations(dream like vivid perceptions associated with fearfulness)
- Sleep paralysis:
It occurs either at awakening in morning or at sleep onset.The person is conscious but unable to move his body.(**least common**)

TREATMENT

The treatment consists of :-

- Stimulant medication(eg:amphetamines)in some patients and/or
- Antidepressants(particularly when cataplexy is a prominent symptoms)

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2) SLEEP APNEA

- It is characterized by repeated episodes of apnea during sleep.
- Apnea is defined as cessation of airflow at the nostrils (and mouth) for 10 seconds or longer.
- The apnea can be of central type, obstructive type or mixed type.
- It is common in elderly and obese (pick-wickian syndrome)

TREATMENT

- Avoidance of alcohol and depressant medications.
- Use of stimulants like caffeine, regular exercises and losing excess weight, teaching correct sleep posture.
- Corrective procedures for obstructive sleep apnea. (eg: mechanical tongue retaining device)
- Very severe obstructive sleep apnea may necessitate tracheostomy (functional only at night), CPAP through nasal mesh, or even pharyngoplasty.

TREATMENT OF HYPERMOMNIA

- Through physical and psychiatric assessment.
- Treatment of underlying cause.
- Associated or underlying insomnia should be looked for and treated.
- Withdrawal of current medication causing hypersomnia
- Stimulant drugs like amphetamine given in the morning or the evening.
- Nonsedative antidepressant drugs such as serotonin specific reuptake inhibitors.

