

A Mother's view of Idiopathic Hypersomnia...

From the outside, you would never imagine that my beautiful, caring, kind, intelligent, strong, determined and amazingly resilient daughter is being seduced and consumed by sleep every single day of her life.

From the herculean effort it takes to wake up every morning, and to pull herself through severe and prolonged sleep inertia. To then begin the daily battle between the insatiable need to sleep and the desperate desire and need to live, work and function like a healthy person. And to know at the end of the day or perhaps before, that you will lose the battle and be consumed by sleep all over again.

What a soul-destroying way to live every single day.

I can't imagine the determination it takes to wake as though you are coming out of an anaesthetic every time you have been asleep, day or night.

I can't imagine how the relentless fatigue and sleepiness feels. I can't imagine the immense grief and mourning for all the things that could have been.

My daughter's amazing strength of character allows her to work and do some of the things she enjoys, but sleep has stolen so much from someone who deserves so much more from her life.

So until more research is done, a new medication is found and made available, all I can do is support and help my daughter deal with the daily battle that is IH.

#LivingwithIH