

IDIOPATHIC HYPERSOMNIA

Idiopathic Hypersomnia (IH) is a neurological sleep/wake disorder characterised by excessive sleep, chronic daytime sleepiness and cognitive dysfunction.

Despite extraordinary amounts of good quality sleep people with IH are in an almost constant state of sleepiness. It is a debilitating condition often profoundly affecting work, education and relationships.



EXCESSIVE DEEP SLEEP

Despite adequate and often extraordinary amounts of good quality sleep (eg: 11 hours or more per night or over a 24 hour period) people with IH still feel excessively sleepy during the day.

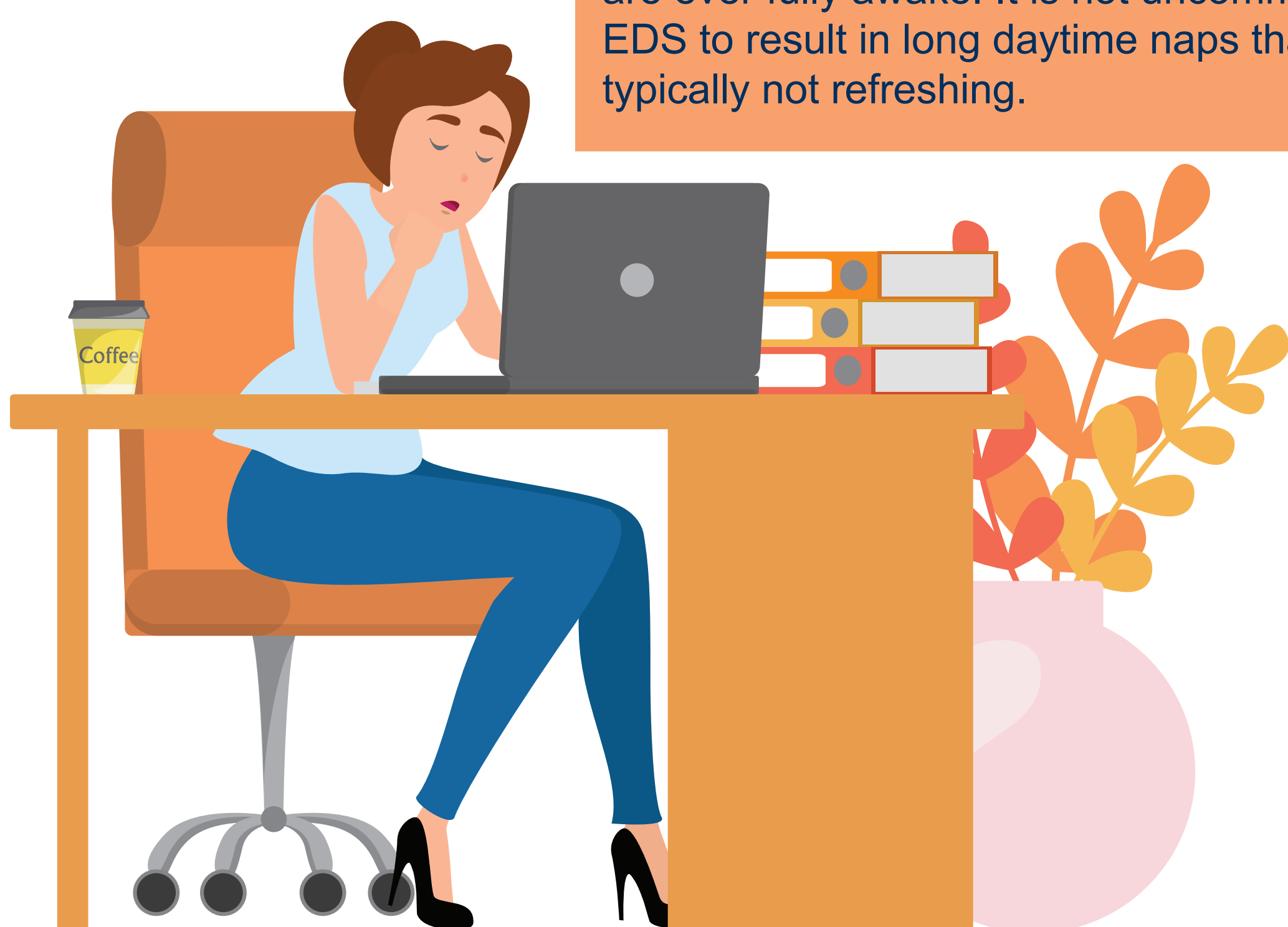
EXTREME AND PROLONGED DIFFICULTY AWAKENING FROM SLEEP AND SLEEP DRUNKENNESS

Includes confusion, disorientation, irritability and poor coordination with an uncontrollable desire to go back to sleep. It can also be accompanied by automatic behaviour (performing tasks without consciously knowing it and not remembering you have done them eg: turning off alarm clocks or answering your phone). This is clinically known as "sleep drunkenness".



CHRONIC EXCESSIVE DAYTIME SLEEPINESS (EDS)

People with IH report never feeling like they are ever fully awake. It is not uncommon for EDS to result in long daytime naps that are typically not refreshing.



COGNITIVE DYSFUNCTION

Commonly referred to as 'brain fog'. Problems with memory, automatic behaviour, concentration and attention.

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Most people can feel tired, fatigued and at times, excessively sleepy, particularly when they do not get enough sleep. However, people with IH experience extreme sleepiness despite getting adequate (eg: 7-8 hours) or typically more than adequate (eg: 10-11 hours) amount of sleep. Their sleep may be deep and uninterrupted but it is not refreshing.


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