YOUR WORDS GO HERE  
  
  
**What is Idiopathic Hypersomnia (IH)?**  
Idiopathic Hypersomnia (sometimes referred to as Idiopathic Hypersomnolence in Australia) is a rare neurological sleep/wake disorder. Sufferers can have an extraordinary need for excessive sleep yet, despite sleeping for 12 -16 hours (or more) in a 24 hour period, they wake up feeling like they have had no sleep at all.

This results in a range of extremely disabling symptoms including:

* Excessive Daytime Sleepiness (EDS) and the overwhelming need to sleep.
* Impaired vigilance or sustained attention.
* Cognitive dysfunction, especially linked to poor memory.
* Dependence on other people for awakening them.
* Long (>1 hour) unrefreshing naps and profound sleep inertia, known as sleep drunkenness (elucidated as prolonged and extreme difficulty waking up accompanied by confusion, disorientation, irritability, and poor coordination with an uncontrollable desire to go back to sleep. It can also include automatic behaviour with amnesia, ie: performing tasks without consciously knowing it and not remembering you have done them, eg; turning off alarm clocks or answering the phone). This difficulty in transitioning from sleep to wake (often referred to as the time it takes to “get going” in the morning) can last at least an hour but may be as long as 2 to 3 hours when severe.
* Despite extraordinary amounts of good quality sleep, people with IH never feel refreshed; they are in an almost constant state of sleepiness.

The pathogenesis of IH is unknown. An autosomal dominant mode of inheritance has been considered by researchers because around 50% of people with IH have at least one family member who also has symptoms. It appears IH may be more common in females. The prevalence of IH is thought to be 0.005%–0.3% but, due to lack of epidemiological studies, biological markers and misdiagnosis of the disease, the real prevalence is unclear.

Though the symptoms mainly begin in adolescence or young adulthood (typically between 15-30 years of age), it is not uncommon for there to be a delay of many years before an accurate diagnosis is made.

IH is a debilitating, lifelong condition often profoundly affecting work, education, relationships, and mental health. This is particularly the case for those without support.

The House of Representatives Standing Committee on Health, Aged Care and Sport inquiry into Sleep Health Awareness in Australia (2018) found that new drugs and novel medical technologies are urgently needed for people suffering from disorders of hypersomnolence. In the Chair’s foreword of the report, Bedtime Reading, Committee Chairman Mr Trent Zimmerman said *“narcolepsy and associated conditions such as idiopathic hypersomnolence can have a debilitating impact on a person’s quality of life. There is a need to improve the awareness of these conditions both within the community and among medical practitioners. Further consideration should be given to emerging treatment options that may provide some people experiencing these conditions the opportunity to improve their quality of life.”*

Despite this, nothing has been done. Researchers in Australia struggle to get funding to study Idiopathic Hypersomnia. There is no formalised education or training on Idiopathic Hypersomnia in the sleep specialty curriculum. The Royal Australasian College of Physicians acknowledges the limitations in their training in the ‘Sleep Medicine Advanced Training Curriculum’, “*There are too few training posts in Australia and New Zealand that can provide broad exposure to and quality training in, the whole range of sleep disorders, particularly non-respiratory sleep disorders*’. And there are currently ***no*** medications on the PBS for IH. There are medications (including Pitolisant, Solriamfetol and sodium oxybate forumlas like Xyway) being used to treat the symptoms of disorders of hypersomnolence, including IH, in other parts of the world that we do not have access to in Australia. This is a significant problem because the medications which are available here are not suitable for many people. Side effects prohibit a large number of people from using them, they don’t address many of the symptoms of IH and their long term inefficiency leaves some people without any options.   
  
Hypersomnolence Australia (HA) has participated in The House of Representatives Standing Committee on Health, Aged Care and Sport Inquiry into Sleep Health Awareness in Australia and in 2020, the Inquiry into the Approval Processes for New Drugs and Novel Medical Technologies in Australia, with a particular focus on those for the treatment of rare diseases and conditions where there is high and unmet clinical need. HA has also approached the Australasian Sleep Association (ASA) on numerous occasions about the aforementioned issues, dating back to at least 2014. However, apart from having various ASA members agree that something should be done, nothing has been achieved. People with disorders of hypersomnolence understand that things take time however it is not acceptable for Australia to be so far behind the rest of the world.

**People with IH desperately need more awareness, access to better treatment options and they need more support to manage their day to day lives.**

Hypersomnolence Australia (HA) does its best to provide support, information, and advocacy for people with Central Disorders of Hypersomnolence like IH and Narcolepsy. However, they are extremely limited due to a lack of resources. HA does not receive funding from any source and they do not charge membership; they provide their services completely free. HA hosted an Idiopathic Hypersomnia and Narcolepsy Education Day in Brisbane on 10th April, 2022. This was a very worthwhile event, attended by both medical professionals and members of the IH and Narcolepsy patient communities. The event was funded entirely by people in our small community. The general consensus on the Education Day was that patients often receive little or no information when they are initially diagnosed with IH. They are left feeling confused and wondering how they are going to manage the rest of their lives. HA would like to meet this need for information by producing an educational resource for doctors to give to patients when they are first diagnosed. This would be vetted by medical advisors and answer the many questions patients have from the outset. HA would also like to curate more events like the Education Day but they can’t do any of this without financial support.

**Who is Hypersomnolence Australia?**  
Hypersomnolence Australia (HA) is a registered not for profit organisation that represents Central Disorders of Hypersomnolence eg: Idiopathic Hypersomnia and Narcolepsy. Its primary purpose is to support the medical community work toward a better understanding of IH, effective treatment options, support for people affected by IH and raising awareness and educating others about Central Disorders of Hypersomnolence. HA's goal is to change not just the process to diagnosis but also the level of care and services available to patients post diagnosis. However, HA relies solely on donations to survive. This means that the resources and support it can provide is unfortunately limited. <https://www.hypersomnolenceaustralia.org.au>.

**References:**

Dauvilliers Y, Bassetti CL. Idiopathic Hypersomnia, Principles and Practice of Sleep Medicine (Sixth Edition) 2017, Chapter 91, pp 883-891.e4.

Trotti LM. Waking up is the hardest thing I do all day: sleep inertia and sleep drunkenness. Sleep Med Rev, 35, 2017, pp. 76-84

Vernet C, Arnulf I, Idiopathic hypersomnia with and without long sleep time: a controlled series of 75 patients, Sleep 2009 Jun; 32(6): pp.753-9.

Lammers G, Bassetti CL, Dolenc-Groselje L, Jennum PJ, Kallweit U, Khatami R, Lecendreuxi M, Manconi M, Mayer G, Partinen M, Giuseppe P, Reading PJ, Santamaria J, Karel S, Dauvilliers Y. Diagnosis of central disorders of hypersomnolence: A reappraisal by European experts. Sleep Medicine, 2020.

The House of Representatives Standing Committee on Health, Aged Care and Sport, inquiry into Sleep Health Awareness in Australia, Bedtime Reading, 2019.

Kind regards  
  
ADD YOUR NAME