



## Hypersomnia and its Impact on an Individual's Daily Life and Functioning

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### Description

Hypersomnia, a sleep disorder characterized by excessive daytime sleepiness and prolonged periods of sleep, stands in contrast to the more commonly recognized condition of insomnia. While everyone experiences occasional feelings of fatigue, hypersomnia involves an ongoing and persistent need for excessive sleep, impacting an individual's daily life and functioning. This explores the key aspects of hypersomnia, including its symptoms, potential causes, and management strategies, on this often-overlooked sleep disorder. The assurance symptom of hypersomnia is an overwhelming and persistent need for sleep during the day, despite having adequate nighttime sleep. Individuals with hypersomnia often struggle with staying awake and alert, even in situations that demand attention. Hypersomnia is characterized by consistently long sleep durations that exceed the typical 7-9 hours recommended for adults. Individuals with hypersomnia may sleep well beyond the normal range.

### Types of hypersomnia

Primary hypersomnia refers to excessive sleepiness that is not a result of other medical or psychiatric conditions. This form includes conditions like idiopathic hypersomnia, where the cause of excessive sleepiness is unknown. Secondary hypersomnia is associated with underlying health issues, such as sleep apnea, depression, or certain neurological disorders. Addressing the underlying cause is crucial for managing secondary hypersomnia.

### Symptoms and manifestations

Individuals with hypersomnia experience an unrelenting and profound sense of daytime sleepiness, often leading to difficulties in staying awake and alert during waking hours. Hypersomniacs tend to

sleep for extended periods at night and may struggle to wake up in the morning. Despite this prolonged sleep, they may not feel refreshed upon waking. People with hypersomnia may find it challenging to rouse themselves from naps, and the sleep inertia, or grogginess, upon waking may persist for an extended period. Excessive sleepiness can impair cognitive functioning, affecting memory, concentration, and overall mental alertness. This can impact daily activities and performance.

Conditions like sleep apnea, narcolepsy, and restless legs syndrome can contribute to excessive daytime sleepiness and hypersomnia. Mental health disorders, particularly depression and anxiety, may lead to hypersomnia. Changes in sleep patterns are common symptoms of these conditions. Certain medications, including some antidepressants and antipsychotics, can cause drowsiness and contribute to hypersomnia. Chronic medical conditions such as diabetes, hypothyroidism, and autoimmune disorders may lead to fatigue and hypersomnia. There may be a genetic predisposition to hypersomnia, as some individuals may be more prone to experiencing excessive sleepiness.

### Management

If symptoms of hypersomnia persist, seeking evaluation by a healthcare professional, preferably a sleep specialist is crucial. Identifying and addressing the underlying cause is fundamental to effective management. Adopting good sleep hygiene practices can contribute to better nighttime sleep. This includes maintaining a consistent sleep schedule, creating a comfortable sleep environment, and avoiding stimulants close to bedtime. While napping may be beneficial for some, hypersomniacs should be cautious about the duration and timing of naps. Short, strategic naps earlier in the day may be more helpful than longer naps in the late afternoon or evening.

### Conclusion

Hypersomnia characterized by persistent excessive daytime sleepiness and prolonged sleep durations, warrants attention and evaluation. Recognizing the symptoms, identifying potential causes, and seeking professional guidance are essential steps in managing hypersomnia effectively. By addressing underlying factors, adopting healthy sleep practices, and making lifestyle adjustments, individuals with hypersomnia can work towards achieving better sleep quality and regaining control over their wakefulness. Addressing underlying medical or psychiatric conditions, such as sleep apnea or depression, is crucial for managing hypersomnia effectively. This may involve medications, therapy, or a combination of intervention. Making lifestyle adjustments, such as regular exercise, a balanced diet, and stress management, can contribute to overall well-being and may help alleviate symptoms of hypersomnia.

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