



The Severe Consequences of Excessive Daytime Sleepiness

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Description

Excessive Daytime Sleepiness (EDS) is a condition characterized by an overwhelming and persistent urge to sleep during the day, even after obtaining sufficient sleep at night. While occasional drowsiness is common, persistent and severe EDS can have significant consequences on an individual's daily functioning, productivity and overall quality of life.

Severe consequences

Impaired cognitive functioning: EDS can impair cognitive function, leading to difficulties with memory, concentration and problem-solving. This can have a negative impact on academic and professional performance and increase the risk of accidents or errors in various tasks.

Reduced productivity: Individuals experiencing EDS often struggle to stay awake and alert, resulting in reduced productivity in their work or daily activities. The ability to focus, engage and even maintain energy levels which can be severely compromised, hindering performance and efficiency.

Increased risk of accidents: EDS significantly increases the risk of accidents, particularly during activities that require attention and alertness, such as driving or operating machinery. Drowsy driving, in particular, poses a major threat to road safety, as it impairs reaction times and decision-making abilities, putting both the individual and others at risk.

Emotional and psychological impact: Living with EDS can take a toll on an individual's emotional and psychological well-being. The

chronic fatigue and constant struggle to stay awake can lead to feelings of frustration, irritability, mood swings and even depression. It can also disrupt social interactions and strain relationships.

Decreased quality of life: The persistent fatigue and reduced alertness associated with EDS can greatly diminish an individual's quality of life. Simple daily activities and hobbies may become challenging to engage in, leading to a sense of limitation and frustration. The impact on social life, personal relationships and overall enjoyment of life can be substantial.

Health consequences: EDS is often associated with underlying sleep disorders, such as obstructive sleep apnea or narcolepsy. If left untreated, these conditions can have serious health consequences. Obstructive sleep apnea, for example, increases the risk of cardiovascular problems, including hypertension, stroke and heart disease. Narcolepsy, on the other hand, disrupts the normal sleep-wake cycle, leading to excessive sleepiness and sudden loss of muscle tone (cataplexy).

Impaired safety in work environments: Certain occupations require high levels of alertness and attention to ensure safety, such as healthcare professionals, pilots and construction workers. EDS can compromise safety in such work environments, increasing the risk of errors, accidents and injuries.

Social isolation: The impact of EDS can extend beyond the individual, affecting the social interactions and participation in social activities. Fatigue and sleepiness may lead to reduced participation in social events, hobbies and recreational activities, resulting in feelings of isolation and withdrawal.

Negative impact on mental health: Persistent EDS can contribute to the development or worsening of mental health conditions, such as depression and anxiety. The constant struggle to stay awake and the associated limitations can lead to feelings of hopelessness, low self-esteem and increased stress levels.

Strained relationships: EDS can strain relationships with family, friends and colleagues. The impact on energy levels, mood and ability to participate in activities can develop misunderstandings, frustration and feelings of neglect or disconnection.

Conclusion

EDS is not just a normal occurrence of tiredness but a condition that can have severe consequences on various aspects of life. Recognizing the signs, seeking proper diagnosis and pursuing appropriate treatment are essential steps towards managing EDS and improving overall well-being and functionality.

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