

Genetics Symptoms and Causes of Rare Hypersomnia

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DESCRIPTION

Hypersomnia is a condition characterized by excessive daytime sleepiness, despite getting adequate or even prolonged sleep at night. It is a chronic neurological disorder that affects an individual's ability to function in their day-to-day life. The condition affects people of all ages, and its prevalence varies widely across the globe. The symptoms of hypersomnia can be debilitating and have a significant impact on an individual's personal and professional life. People with hypersomnia often experience difficulty waking up in the morning, difficulty staying awake during the day, and may even fall asleep unexpectedly at inappropriate times, such as during a meeting or while driving. Other symptoms may include mood swings, anxiety, irritability, and impaired cognitive function. While the exact cause of hypersomnia is not known, several factors are believed to contribute to the condition. These may include genetics, neurological disorders, such as Parkinson's disease, and certain medications that affect the central nervous system. In some cases, hypersomnia may be a symptom of an underlying medical condition, such as sleep apnea or depression. One of the most significant challenges with hypersomnia is the difficulty in diagnosis. Many people with hypersomnia may be misdiagnosed as having other conditions, such as depression, narcolepsy, or chronic fatigue syndrome. This is due to the similarity in symptoms, which can make it challenging for healthcare professionals to identify the underlying cause of the excessive daytime sleepiness. Once a diagnosis is made, treatment for hypersomnia can vary depending on the severity of the condition and the underlying cause. In some cases, lifestyle changes, such as improving sleep hygiene, avoiding caffeine and alcohol, and maintaining a regular sleep schedule, may be sufficient to alleviate symptoms. However, for more severe cases, medication, such as stimulants or antidepressants, may be prescribed to help regulate sleep patterns and improve wakefulness during the day.

In recent years, there has been growing interest in non-pharmacological treatments for hypersomnia. Cognitive-Behavioural Therapy (CBT) has been shown to be effective in

improving sleep quality and reducing daytime sleepiness in people with hypersomnia. CBT involves identifying and changing negative thought patterns and behaviours that may be contributing to the condition. IN addition to CBT, other non-pharmacological treatments, such as light therapy and acupuncture, have also shown promise in treating hypersomnia. Light therapy involves exposure to bright light to regulate the body's natural sleep-wake cycle, while acupuncture involves the insertion of thin needles into specific points on the body to promote relaxation and alleviate pain. Despite the various treatment options available, living with hypersomnia can be challenging. It can impact an individual's ability to perform daily tasks, maintain employment, and participate in social activities. The stigma associated with excessive daytime sleepiness can also lead to feelings of shame and isolation, which can exacerbate symptoms and make it even more challenging to seek help. Therefore, it is essential to raise awareness of hypersomnia and reduce the stigma associated with the condition. Educating healthcare professionals, employers, and the general public about the symptoms, causes, and available treatments can help people with hypersomnia feel more supported and understood. This, in turn, can help improve their quality of life and reduce the impact of the condition on their personal and professional lives.

CONCLUSION

Hypersomnia is a complex neurological disorder that can significantly impact an individual's ability to function in their daily life. Although the exact cause of the condition is not known, several factors, including genetics and neurological disorders, may contribute to its development. Diagnosis and treatment of hypersomnia can be challenging, but with proper medical attention and the implementation of lifestyle changes or medication, symptoms can be managed effectively. It is also crucial to raise awareness of the condition and reduce the stigma associated with it to help those affected feel more supported and understood.

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