

## Causes of Excessive Daytime Sleepiness and Sleep Deprivation

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### DESCRIPTION

Excessive daytime sleepiness is one of the most common sleep-related patient symptoms, and it affects an estimated 20% of the population. Individuals who are very tired during the day have lower health than persons their age and are more likely to be involved in vehicle accidents and workplace mishaps. The primary causes of excessive daytime sleepiness include sleep loss, obstructive sleep apnea, and sedative medications. Some potential causes of excessive daytime sleepiness include several medical, psychological, and sleep issues, such as narcolepsy. Obstructive sleep apnea is a very significant condition that contributes to excessive daytime sleepiness. 26 to 32% of individuals have Obstructive Sleep Apnea (OSA), and the prevalence is expected to increase. The pillars of the evaluation and management of excessive daytime drowsiness are the detection and treatment of underlying diseases, notably obstructive sleep apnea, and the prudent use of activating medications. 20% of Americans report having a level of daytime sleepiness that interferes with daily tasks, and patients who visit sleep clinics most frequently complain about excessive daytime sleepiness. The highest prevalence rates of excessive daytime sleepiness are found in adolescents, the elderly, and shift workers, though it can be difficult to pinpoint the exact incidence due to the subjective nature of the symptoms, inconsistent terminology, and lack of consensus on diagnostic and assessment methods. Some people use subjective language (such "drowsiness," "languor," "sleepiness," inertness, tiredness, and sluggishness ) while describing the symptoms of excessive daytime sleepiness.

### Causes of excessive daytime sleepiness

Excessive daytime sleepiness can be caused by Obstructive Sleep Apnea (OSA), pharmacological side effects, illegal drug use, and other medical and psychological conditions. It is less common for primary hypersomnia of central origin, like narcolepsy or idiopathic hypersomnia, to be the cause of excessive sleepiness.

### Sleep deprivation

Sleep loss may be the most common factor in excessive daytime sleepiness. Even a modest sleep restriction might cause symptoms in healthy persons. Following consecutive nights of only allowing healthy persons to sleep for six hours at a time, research showed a cumulative, significant decrease of neurobiological functioning. Those who are chronically sleep deprived are typically unaware of the rising cognitive and performance disadvantages they are experiencing. Even one night of sleep loss can trigger symptoms of sleep deprivation. Ironically, the majority of chronic insomnia types, such as primary insomnia, psychopathological insomnia, and paradoxical insomnia, are associated with daytime hyper arousal rather than excessive daytime sleepiness. Extreme daytime sleepiness in an insomniac patient could be an indication of comorbidity, such as a breathing issue that affects sleep or a mood disorder.

### CONCLUSION

Oversleeping during the day might have a number of negative consequences. Sleep disorders are responsible for more than 100,000 car accidents annually, 71,000 bodily injuries, and 1,500 fatalities. Up to 52% of single vehicle collisions involving large trucks, according to the National Transportation Safety Board, are thought to be caused by driver weariness, with driver inertia accounting for 17.6% of these incidents. Most accidents involving sleep are driven by male teenagers and young adults. Daytime sleepiness has been linked to ill health using a variety of standardised criteria, such as impairment in all domains of the Medical Outcomes Study short form health survey reduced professional performance particularly that of judges and doctors, has also been linked to it. Reduced cognitive function linked to excessive daytime drowsiness might have an impact on one's ability to find or keep a job since people who are overly drowsy during the day may be misinterpreted for being lazy or uninspired.

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