CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

Disorder of the circadian rhythm of sleep-wake

Mismatch between the biological clock and the necessary schedules (phase delay, shift work, jet lag), causing insomnia or drowsiness.

COMMON SIGNS

- Falls asleep and wakes up very late
- Problems with rotating shifts
- Sleepiness during working hours

TIPS FOR YOU

1. Daylight in the morning and little light at night
2. Fixed times, at weekends too
3. See a sleep clinic

FOR FAMILY AND FRIENDS

1. Encourage regular times at home
2. Daylight in the morning and fewer screens at night

WHEN TO ASK FOR HELP

1. If it affects work or studies
2. If there is sleepiness when driving

TO OBSERVE AND NOTE DOWN

☐ I fall asleep much later than I'd like
☐ I find it very hard to get up early
☐ At weekends I sleep at very different times
☐ I work shifts and sleep badly
☐ I feel sleepy during work or study hours
☐ At night I feel more awake
☐ If I sleep at my natural time, I rest well
☐ This causes me problems in my life

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-del-ritmo-circadiano-de-sueno-vigilia
- Spanish Sleep Society: information for patients: https://ses.org.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com