CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

Hypersomnolence disorder

Excessive drowsiness despite sleeping at least seven hours: involuntary napping, very long sleep or difficulty waking up completely.

COMMON SIGNS

- Excessive daytime sleepiness
- Waking up is very hard
- Naps that aren't refreshing

TIPS FOR YOU

1. See a sleep clinic
2. Regular sleep times
3. Don't drive if you feel sleepy

FOR FAMILY AND FRIENDS

1. Avoid blaming them: it isn't laziness
2. Encourage them to see a sleep clinic

WHEN TO ASK FOR HELP

1. If you fall asleep while driving: don't drive and get help
2. If snoring or pauses in breathing appear

TO OBSERVE AND NOTE DOWN

☐ I feel sleepy during the day even if I sleep more than seven hours

☐ I find it very hard to wake up

☐ I fall asleep without meaning to

☐ Naps don't refresh me

☐ I sleep more than nine hours and I'm still tired

☐ Sleepiness makes it hard for me to perform

☐ It has happened to me while driving

☐ It happens to me almost every day

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-hipersomnia
- 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