

# SleepCaptions

## Insufficient Sleep Syndrome

**Insufficient Sleep Syndrome:** A sleep disorder characterized by chronic sleep deprivation that is volitional but unintentional.

Also known as Chronic Insufficient Sleep, people with this disorder feel excessively tired enough to sleep, if given the chance. Their lives do not leave enough room for a good night's sleep. Fortunately, this problem can be completely resolved!

## Features

We want to sleep. We intend to sleep. We might even think we are getting enough sleep. Yet, we do not feel rested during the day.

The underlying problem with Insufficient Sleep Syndrome is quite simply-the lack of a good night's rest. Failing to make enough time for sleep results in sleep deprivation. People who begin work very early in the day or end their job well into the evening, as well as people who must care for young children or the elderly are more likely to experience sleep deprivation. In a society that views sleep as contingent upon the completion of daytime activities, sleep deprivation is common.

Very often, people with Insufficient Sleep Syndrome feel that they get all of the sleep they need and are not sure why they still feel tired after a night's sleep. Since the source of excessive daytime sleepiness (EDS) appears to lie elsewhere, people with this condition rarely consider adding more sleep on their own.

## Diagnosis

When sleep deprivation interferes with the ability to function during the day, then a sleep disorders evaluation can properly identify Insufficient Sleep Syndrome. In addition to a medical

history, this evaluation will likely include a detailed diary of your sleep habits. This will show the amount of time you spend sleeping over the course of several weeks.

A sleep study may be performed to identify whether other sleep disorders are present. This includes an overnight polysomnogram which records brainwaves, heart rate, breathing, and muscular movement during nighttime sleep. Immediately following the overnight study, a nap study called a Multiple Sleep Latency Test will determine how well you sleep during the day.

## Treatment

If no other sleep disorder is found to be responsible for daytime tiredness, and the problem has been identified as a lack of sleep associated with Insufficient Sleep Syndrome, then treatment is rather simple. Gradually add more time for sleep each night until you get enough rest. Most people need eight hours of sleep per night.

Other behavioral modifications as well as suggestions for healthy sleep habits may also help.



## Do I have Insufficient Sleep Syndrome?

I routinely spend less than eight hours per night in bed.

Friends and family members notice

that I need more sleep than I am getting.

I feel tired during the day.

I have trouble concentrating.

I have trouble remembering things.

I have no energy.

My symptoms improve when allowed to sleep until rested.

I do not have another condition that may be causing excessive sleepiness.

## Insufficient Sleep Syndrome Mechanics

Insufficient Sleep Syndrome has to do with the balance between sleep and wakefulness. Humans are hard-wired to sleep for about eight hours each night. Your brain will seek the missing sleep it needs on your behalf, and with good reason. Just as exercise and food are needed during wakefulness, other biological tasks are necessary during sleep. These include the release of certain hormones and other activities that "rejuvenate" the body for another day of activity.

Sleepiness is our body's way of telling us what it needs to keep healthy!



## Need more information?

Visit the SleepMedicine Education web site at: [sleepmedicineducation.com](http://sleepmedicineducation.com) for additional publications. See also:

**SleepIssues:** "Can't Sleep?"

**SleepGuides:** "Treating Sleep Disorders"

To schedule an appointment at any Sleep Medicine Centers location, visit [www.sleepmedicinecenters.com](http://www.sleepmedicinecenters.com) or call:

(716)92-DREAM

(877)53-SNORE

## Did You Know?

Insufficient Sleep Syndrome affects about 2% of people who are evaluated at sleep laboratories for their sleepiness, according to the American Academy of Sleep Medicine.

Sleep Medicine Reviews reported that 1-4% of the general population experiences insufficient sleep and excessive sleepiness.

The American Academy of Sleep Medicine reports that Insufficient

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## Risks for Insufficient Sleep

- ✓ Working excessively long hours
- ✓ Shiftwork
- ✓ Multiple jobs
- ✓ Demanding social schedule
- ✓ Demanding family life (care of another)
- ✓ Any activity that encroaches upon sleep

## Effects of Insufficient Sleep

- ✓ Chronic daytime tiredness
- ✓ Irritability
- ✓ Fatigue
- ✓ Distractibility
- ✓ Poor job or school performance



Sleep Syndrome usually begins in the late thirties.

A study published in the January 2005 issue of the Archives of Internal Medicine revealed a relationship between insufficient sleep and overweight/obesity.