

# EXCESSIVE DAYTIME SLEEPINESS (EDS)

Affecting up to 26 percent of the population worldwide, Excessive Daytime Sleepiness causes people to feel sleepy at times and places where they should be fully awake, such as at school, at work, and while driving.



## CAUSES

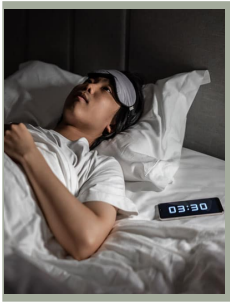
### Insufficient Sleep

- Poor Sleep Habits
- Chronic Health Problems (Such as Asthma)
- Medication Side Effects



### Sleep Disturbances

- Sub-Optimal Sleep Environment
- Sleep Apnea
- Movement Disorders
- Mood Disorders



### Increased Sleep Drive

- Narcolepsy
- Hypersomnia
- Traumatic Brain Injury



## SYMPTOMS

Trouble staying alert and paying attention



Memory problems

Difficulty in decision-making



Learning difficulties

## TREATMENT

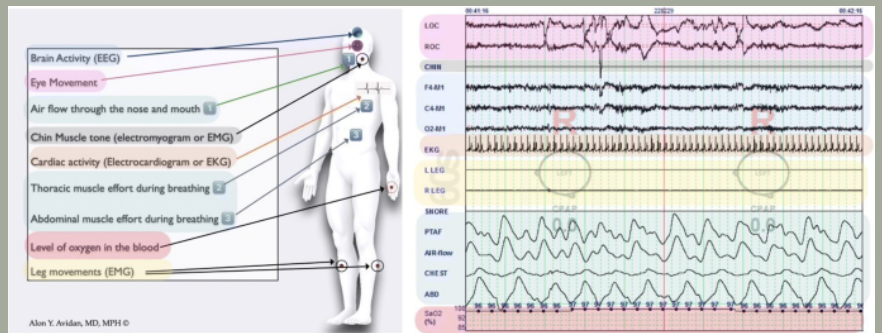
Treatment is based on underlying causes:

- Sleep Extension Therapy to treat Sleep Deprivation.
- CPAP Therapy to treat Sleep Apnea.
- Iron Supplement for Restless Leg Syndrome.
- Stimulant Medications for Narcolepsy.



## TESTING

In addition to a thorough review of one's sleep habits, various tests may be suggested by the physician to further evaluate the extent and cause of daytime sleepiness, such as the Epworth Sleepiness Scale, the Stanford Sleepiness Scale, Sleep Diaries, Actigraph Studies, Overnight Polysomnogram Studies, Multiple Sleep Latency Test (MSLT), Blood Tests, etc



### References

- <https://www.sleepassociation.org/sleep-disorders/more-sleep-disorders/excessive-daytime-sleepiness/>
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