

If you feel like you suffer from this disorder you can find more help and information on <http://www.sleepdisorderchannel.com> which is a website developed and monitored by board-certified physicians.

If you live around the area and you are interested in seeking professional advice the closest sleep clinic is located in Redwood City:

Stanford Sleep Medicine Center
Stanford Hospital and Clinics
450 Broadway Street
Pavilion B-2
Redwood City, CA 94063

Tel: (650) 723-6601
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The Night Owl

The Lark



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Sleep and Dreams
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DELAYED SLEEP PHASE SYNDROME



Nelson Estrada

SLEEP PHASE LAG SYNDROME

Often people with the disorder report that they cannot sleep until early morning, but fall asleep at about the same time every "night" (usually after 2 AM). They have an incredibly hard time waking up in the morning, and they feel exhausted all day.



Consectetur arcu ipsum ornare pellentesque vehicula, in vehicula diam, ornare magna erat.

Circadian rhythm sleep disorders are a family of sleep disorders affecting, among other things, the timing of sleep. People with circadian rhythm sleep disorders are unable to sleep and wake at the times required for normal work, school, and social needs.

The circadian rhythm is controlled by a biological clock that is in every human being and this clock works on a daily time scale. This internal clock affects the body temperature, alertness, appetite, hormone secretion and the time of sleep!

A person's desire to be awake or sleepy is totally dependent on this internal clock. A more specific disorder within the circadian rhythm area, is called the Delayed sleep-phase syndrome (DSPS) or commonly referred to as the phase lag syndrome.

What causes this disorder?

Many DSPS patients report that their difficulties began after a period of late night studying or partying, or after employment on the evening or night shift. Following these activities, they found it impossible to sleep on a normal schedule even when they resumed normal work or school hours.

So how do you know you have this disorder?

The following are key indicators of DSPS:

Complaint of insomnia or excessive sleepiness

- inability to fall asleep at the desired time
- inability to wake up at the desired time
- Depression may be present

(It is indicative if this sleep pattern has been present for 3 months)

What can be done?

Fortunately there is treatment for this disorder and it does not require surgery.

Bright light therapy: Early morning exposure to bright light tends to lead to an early wake time and advance sleep onset at night. Artificial light is often used to consistently expose delayed sleep phase syndrome patients to bright light early in the morning.

Patients often receive bright light therapy at home, with the use of a light box. A light box emits a standard dosage of 5,000 to 10,000 lux of white light. The patient sits in front of the light at a specified distance for approximately 30 minutes to 1 hour after waking in the morning.

Only a fraction of us are actually "morning" or "night" people. Most of us fall somewhere in the middle. Only about 10 percent of the population are extreme morning or evening types. Should you strive to become a morning person? According to some experts, yes. According to Psychology Today, "early risers are more agreeable than those who prefer the P.M. hours," and "morning people also have more stable personalities and lower

levels of aggression." *Libero purus sodales mauris, eu enim vel purus rhoncus magna vehicula lectus velit nec velit laoreet vestibulum*