In 2014, the Hypersomnia Foundation was incorporated as a 501(c)(3) nonprofit organization to advocate, educate, and provide resources for research on behalf of people affected by hypersomnia. The Foundation will fulfill this mission by

1. Providing education for people with hypersomnia, medical professionals, and scientists.
2. Representing people with hypersomnia worldwide at medical meetings, pharmaceutical companies, sleep-related organizations, and extramural funding agencies such as foundations and government institutes and councils.
3. Hosting an annual conference.
4. Establishing a hypersomnia patient registry.
5. Funding research to identify the cause of and effective treatments for hypersomnia.

Won’t you help? Your donation to the Hypersomnia Foundation will help to achieve these goals and ensure a better life for people with hypersomnia. Please donate online at www.hypersomniafoundation.org.
About Hypersomnia

Waking up is the hardest thing I do every day. After I finally do wake up, I feel as if I am walking around in a fog.

Some people with hypersomnia set several alarms, hoping to hear even one. Still others rely on someone to drag them out of bed. When finally “awake,” many stumble through the first minutes or hours of their day in a state of “sleep drunkenness” and rely on caffeine or stimulant medication to function in the few hours that they are awake. Surprisingly, people with hypersomnia have been documented to sleep for 50, 60, or even 70 hours at a stretch.

**Hypersomnia Symptoms**
- Sleeping for at least 11 out of 24 hours, including naps and a long stretch of sleep
- Sleep drunkenness (or confusional arousal) when trying to wake up
- Excessive daytime sleepiness
- Automatic behavior (talking or moving without awareness or recollection)
- Mental dullness or “brain fog”
- Trouble concentrating or cognitive dysfunction

**Conditions in Which Hypersomnia Symptoms Are Core Features**
- Idiopathic hypersomnia/major somnolence disorder
- Type 2 narcolepsy (without cataplexy)
- Kleine-Levin syndrome

**Conditions in Which Hypersomnia Symptoms Are Thought To Occur**
- Iron deficiency
- Hypothyroidism
- Adrenal insufficiency
- Carnitine deficiency
- Chronic fatigue syndrome
- Attention deficit disorder
- Ehlers-Danlos syndrome
- As a side effect of commonly prescribed or over-the-counter medication

**Diagnosis**
Overnight polysomnography, followed by a Multiple Sleep Latency Test (MSLT), is sensitive in diagnosing potential causes of sleepiness such as sleep apnea and Type 1 narcolepsy. This testing, however, could be nondiagnostic for other people with hypersomnia, and identifying alternative methods for diagnosing hypersomnia is an unmet need. Laboratory tests or brain imaging studies may be necessary and are determined on a case-by-case basis.

**Treatment**
The US Food and Drug Administration has not approved any treatments for hypersomnia. All medications are therefore prescribed “off label” for idiopathic hypersomnia. The search is on for effective treatments for this often-debilitating condition.

The lack of reliable tools and biomarkers to diagnose hypersomnia limits its recognition. Wake-promoting medications have emerged as the default mainstays of treatment. Advancing recognition, diagnostic accuracy, and treatment benefits for hypersomnia will come by way of novel diagnostics and treatments informed by new knowledge of hypersomnia’s biologic bases.

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