



5 Tips for Hypersomnia Supporters



1. Timing is Everything

Wait to discuss important things until after the “brain fog” has lifted. Allow 2-3 hours after your loved one wakes or try sticking to a specific timeframe such as between 9:00 AM – 7:00 PM to have those important conversations.

2. Get Specific

We all want input, but for many people with hypersomnia, open-ended input requests are overwhelming. For example, rather than asking, “What do you want for dinner?” try offering 2 specific options instead. “Would you rather have X or Y for dinner?”



3. Manage Your Expectations

Resentment may build when your expectations are not met. When you need your loved one to help you or to be there for you and she or he is just too sleepy or tired, you might feel very disappointed. Keep in mind that your loved one can't control how he or she feels. Just like people with diabetes can't will their blood sugar under control, people with hypersomnia can't force themselves to remain awake. Nurture a group of supportive friends who can come through for you even when your loved one cannot.



4. Nurture Yourself

You are the one taking care of your loved one, but who takes care of you? Make daily or weekly appointments with yourself to do something that nurtures your soul. Go for a walk, listen to music, go see a movie, or sign up for a class at your community center. Be consistent and keep yourself at the top of your priority list. Be sure to take good care of the person your loved one needs most...YOU!



5. Become Actively Involved

Stay current about treatments for your sleepy loved one. Seek out opportunities to volunteer and commit to doing just that! Think about what are you good at and how can you help. Perhaps you are a skilled sales person. If so, offer with fundraising or soliciting sponsors for an event. No one knows your talents better than you! Offer to do something specific using your talents, and feel great knowing you have contributed something specific to the hypersomnia support community. Be part of the solution for your loved one!



**Have your own helpful tip for Hypersomnia Supporters? Let us know by sending us a message on our “Contact Us” page! You may see your tip added to our supporter resources!*

<http://www.hypersomniafoundation.org/>