

EMERGENCY MEDICAL INFORMATION

I have a rare disorder called **idiopathic hypersomnia (IH)**

My name: _____

Emergency Contact: _____

Emergency Phone #: _____

Doctor: _____ Contact: _____

Medical Conditions: _____

Medication(s): _____

Allergies: _____

Blood Type: _____ Organ Donor: Y N



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Idiopathic hypersomnia (IH) is a neurological disorder characterized by excessive daytime sleepiness (often with associated cognitive dysfunction), despite getting a full night's sleep. People with IH may also experience difficulty awakening, automatic behaviors, and symptoms related to the autonomic nervous system, such as feeling lightheaded. My medications, and my IH itself, may interfere with other drugs and/or anesthesia.

Other Information: _____
