

Idiopathic Hypersomnia (IH) Standard Characteristics

- **Neurological** disorder^{1,3}
- **Chronic**, usually lifelong after onset^{1,2,3,4}
- A **central disorder of hypersomnolence (CDH)**, in the same category as **narcolepsy**^{1,3}
- Hallmark symptom: **excessive daytime sleepiness (EDS)**, an uncontrollable need to sleep or daytime sleepiness that persists for at least 3 months even with adequate or prolonged nighttime sleep^{1,2,3,4}

Possible Characteristics:

- **Debilitating**, often significantly affecting social, school, and occupational functioning^{1,2,3,4}
- **Onset** usually in adolescence or early adulthood (but may be earlier or later)^{1,2,3,4}
- Seems to affect more females than males^{2,3}
- **Fluctuating severity**, with some time periods worse than others^{2,4}
- **Daytime naps**, which are generally long (over 1 hour) and usually not refreshing [*frequent*]^{1,2,3,4}
- **Long sleep**: sleeping 9 hours⁴ or more³ in 24 hours, which is usually un-refreshing [*frequent*]^{1,2,3,4}
- **Sleep drunkenness** (i.e., severe **sleep inertia**): extreme and prolonged difficulty fully awakening, associated with an uncontrollable desire to go back to sleep [*frequent*], which can be accompanied by **automatic behavior** (performing tasks without conscious self-control and not remembering what or if it was done), disorientation, confusion, irritability, and poor coordination^{1,2,3,4}
- **Motor hyperactivity** (e.g., “never stopping,” “speaking a lot”), serving as a counter measure to boost alertness [*frequent*]^{2,3,4}
- **Cognitive dysfunction**: deficits in memory, attention, and concentration (sometimes referred to informally as “**brain fog**”)^{2,4}
- **Sleep hallucinations**: hallucinations at sleep onset and/or offset [*occasional*]^{1,3}
- **Sleep paralysis**: a transitional state between wakefulness and sleep, in which one is aware but cannot move, speak, or react [*occasional*]^{1,3}
- **Additional potential symptoms**: headaches, automatic behaviors, problems with balance, and difficulties with temperature regulation [*occasional*]^{2,3,4}

*Sources:

1. 2015 Review article in *Chest*, by Khan/Trotti et al, “Central Disorders of Hypersomnolence: Focus on the Narcolepsies and Idiopathic Hypersomnia” (free download at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4694150/>)
2. 2016 *Sleep Medicine Review* article, by Billiard/Sonka et al, “Idiopathic Hypersomnia” (request through a medical library: <https://www.ncbi.nlm.nih.gov/pubmed/26599679>)
3. International Classification of Sleep Disorders, Third Edition (ICSD-3): <http://www.aasmnet.org/store/product.aspx?pid=849>
4. Diagnostic and Statistical Manual of Mental Disorders (DSM-V) p. 368-372 Hypersomnolence Disorder: <https://www.psychiatry.org/psychiatrists/practice/dsm>