

Talking to your doctor about Non-24-Hour Sleep-Wake Disorder symptoms is a good place to start.

This Doctor Discussion Guide can help

The scientific community is continually learning more about the body's circadian rhythms and how they relate to sleep and other body functions. Jet lag and shift work are two circadian rhythm sleep disorders that disrupt the master body clock and affect sleep. Non-24-Hour Sleep-Wake Disorder (Non-24) is a related circadian rhythm disorder, and scientists' understanding of it increases virtually every day.

Your doctor may not yet know about Non-24, so he or she may believe your symptoms indicate that you have a sleep disorder. That's why it's important to tell your doctor you believe you may have a circadian rhythm disorder when you describe your symptoms, their impact on your life, and your concerns.

This Doctor Discussion Guide can help you speak with your doctor so that you can create a plan together to manage Non-24's impact. Send it to your smartphone or notetaker, or print it and bring it with you to your next appointment.

What to tell your doctor about Non-24-Hour Sleep-Wake Disorder

Non-24 is a chronic circadian rhythm disorder. It is estimated that as many as 70% of people who are totally blind suffer the effects of this serious condition. The key symptoms of Non-24 are the inability to sleep or stay asleep at night and a powerful urge to sleep during the day.

Starting the Non-24 discussion with your doctor

Now that you have taken the initial step to learn about the causes, symptoms and effects of Non-24, the next step is organizing your concerns for a discussion with your doctor. Keep a sleep diary, and use these questions as a starting point.

- When was the last time you had a good night's sleep?
- When you sleep, do you wake up feeling rested?
- How strong is your desire to nap during the day, and how does it change from one day to the next?
- How hard is it for you to concentrate?
- What do you do to stay awake during the day?

With all of this information, you and your doctor will be able to take the first step towards better understanding and managing Non-24.

We're here for you. Call a health educator toll free at 1-855-856-2424 to find answers to your questions about Non-24, 24 hours a day, every day.