

CIRCADIAN RHYTHM SLEEP DISORDERS NOSOLOGY

1. Time Zone Change (Jet Lag) Syndrome
2. Shift Work Sleep Disorder
3. Irregular Sleep-Wake Pattern
4. Delayed Sleep Phase Syndrome
5. Advanced Sleep Phase Syndrome
6. Non-24 Hour Sleep-Wake Disorder
7. Circadian Rhythm Sleep Disorder NOS

Delayed Sleep Phase Syndrome

More common in **pre-teen children, adolescents, young adults**

May be some genetic component, as well as poor sleep hygiene

Often mistaken for **sleep onset insomnia** or **anxiety**

“I just can’t seem to relax and fall asleep”

Treatments:

Chronotherapy (delay around the clock, about 2-3 hours/”day”)

Timed bright light exposure (2500 lux minimum, may take more;
light presented in early a.m., during rising temperature phase)

Consistent wake-up time (good sleep hygiene) and “stimulation”
in the early morning, including exercise (outdoors)

Advanced Sleep Phase Syndrome

More common in the **elderly**

May be some genetic component, as well as poor sleep hygiene and/or
insufficient light exposure during the day

Often mistaken for **sleep maintenance insomnia** or **depression**

“I can get to sleep at night, but I just can’t seem to stay asleep”

Treatments:

Chronotherapy (delay a few hours to a later bedtime)

Timed bright light exposure (2500 lux minimum, may take more;
light presented in late afternoon, as CBT is falling)

Consistent bedtime (and good sleep hygiene) and “stimulation” in
later afternoon, including exercise (outdoors)

Note: problems with using hypnotics to treat these disorders