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