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You might think that most of the patients at sleep clinics are being treated for sleeplessness, commonly referred to as insomnia, but that is not the case.

你可能认为大多数睡眠门诊的病人都在治疗失眠，通常被称为失眠症，但不是这样的。

The majority of sleep-clinic patients suffer from disorders of excessive sleep, or "hypersomnia."

睡眠门诊的大多数病人遭受的是过度的睡眠紊乱，或者“嗜睡”

While most insomniacs somehow manage to drag themselves through the day and function at acceptable, although not optimal levels, this is not so for people who suffer from hypersomnia.

当大多数失眠症患者以某种方法设法拖着他们自己度过白天并强差人意的活动的时候，尽管不是理想水平，遭受嗜睡症的人不是这样。

They are incapacitated by irresistible urges to sleep during the day, often in inappropriate situations—at business meetings, in supermarkets, or at parties.

他们由于不可抵抗的冲动在白天期间睡觉而丧失了行为能力，通常在不合适的情况下——在商务会议上，在超市里，或者在聚会中。

Even more dangerous is their failure to remain awake when driving or operating machinery.

甚至跟危险的是他们不能在开车和操作机器时保持清醒。

Falling asleep in such situations could obviously be life-threatening. Many hypersomniacs suffer from narcolepsy, for which the primary symptom is excessive daytime sleepiness.

在这样的情况下睡着很明显能危及生命。许多嗜睡症患者遭受嗜睡发作之苦，因为那个的主要症状是过度的白天睡眠。

Though not apparent in childhood, this symptom most often appears for the first time during the teen years and continues throughout a person's life.

虽然在童年时不明显，这个症状许多时候第一次出现在青少年期间，并会继续贯穿一个人的一生。

The sleep attacks may occur as many as fifteen to twenty times during the course of the day and last for periods from fifteen minutes up to two hours.

这种睡眠（嗜睡症）的发作可能会在一天的进程中发生多达15—20次，并且持续时长从15分钟一直到两个小时。

What can be done to help those suffering from narcolepsy?

能做些什么去帮助那些遭受嗜睡发作之苦的(人)呢？

There are certain drugs that can help, and specialists suggest voluntary napping to decrease the frequency of such sleep attacks.

有某些药能帮助，并且专家建议自发的打盹以降低这样的睡眠发作的频率。