

Zach Watson

Dr. Lyman

PY 101

1 December 2022

Narcolepsy

A chronic sleep disorder called narcolepsy is characterized by extreme daytime sleepiness and unexpected sleep bouts. Regardless of the situation, people with narcolepsy frequently struggle to stay awake for extended periods of time. Your everyday routine may be severely disrupted by narcolepsy. Cataplexy, an abrupt loss of muscular tone associated with narcolepsy that can be brought on by intense emotion. There are two different types of Narcolepsies, you have Type 1 narcolepsy which is characterized by cataplexy as an accompanying symptom. And Type 2 narcolepsy which is characterized by the absence of cataplexy. There are many symptoms of Narcolepsy, with one of these many symptoms being excessive daytime sleepiness. Narcoleptics can fall asleep anytime, anywhere, without prior notice. And even though you may feel revived when you first wake up, ultimately you start to feel sleepy once more. Another symptom one may experience while dealing with Narcolepsy is sleep paralysis. Narcoleptics may experience sleep paralysis during or immediately after falling asleep, narcoleptics frequently experience a temporary inability to move or speak. These flashes, which typically last a few seconds or minutes, can be frightful even though they are usually fleeting. Even if you had no control over what was happening to you, you can be aware of the state and have no trouble remembering it later. Another one of many symptoms people with Narcolepsy may experience is changes in rapid eye movement (REM) sleep. Most dreams normally occur during REM sleep. Narcoleptics can experience REM sleep at any moment of the

day. Narcoleptics frequently enter REM sleep quickly, typically within 15 minutes after falling asleep.

People with Narcolepsy have many struggles throughout their everyday life. People with Narcolepsy can fall asleep at any given time throughout the day. Narcoleptics have certain limitations to ensure safety for themselves and others. For example, some people with this disorder are not able to get their driver's license to operate a car. Narcoleptics also must be careful when choosing a career. While employers must accommodate for disabilities, operating heavy machinery is just an example of work that could be very dangerous. These and other examples are why people who are diagnosed with this disorder cannot live their everyday lives like those that do not have narcolepsy.