

Daytime Sleepiness

We have all occasionally felt sleepy or napped in the middle of the day and this can be simply due to not getting enough sleep the night before. If you tend to work late, need to get up early or work shifts then sleepiness may be **lifestyle related** and caused by sleep *restriction* - not enough time in bed for your sleep needs.

However, if you are sleepy all the time, such that you are **actually falling asleep** for some period of every day then this may be due to a **sleep disorder**.

People who are sleepy, rather than simply fatigued and tired, may have trouble at work and in particular may be less safe driving so it is important to discuss these symptoms with your GP. An accurate diagnosis is important as many sleep disorders can be treated effectively when we know what we are treating.

A wide range of different problems can cause sleepiness including anaemia, other medical problems or certain medication.

For some people, **snoring** and associated pauses in breathing (called **apnoeas**) may be disrupting their nights sleep and they may not be aware of this unless their bed partner tells them.

Bad **restless legs syndrome** can stop people settling into deeper sleep.

Occasionally people can have overwhelming sleepiness in association with vivid dreams as part of a condition called **narcolepsy**.

If you have troublesome sleepiness which has not been diagnosed then you should talk to your GP. If you have **insomnia**, Sleepstation could help you.

If you're not sure if you have insomnia, you can take our free assessment to find out.

