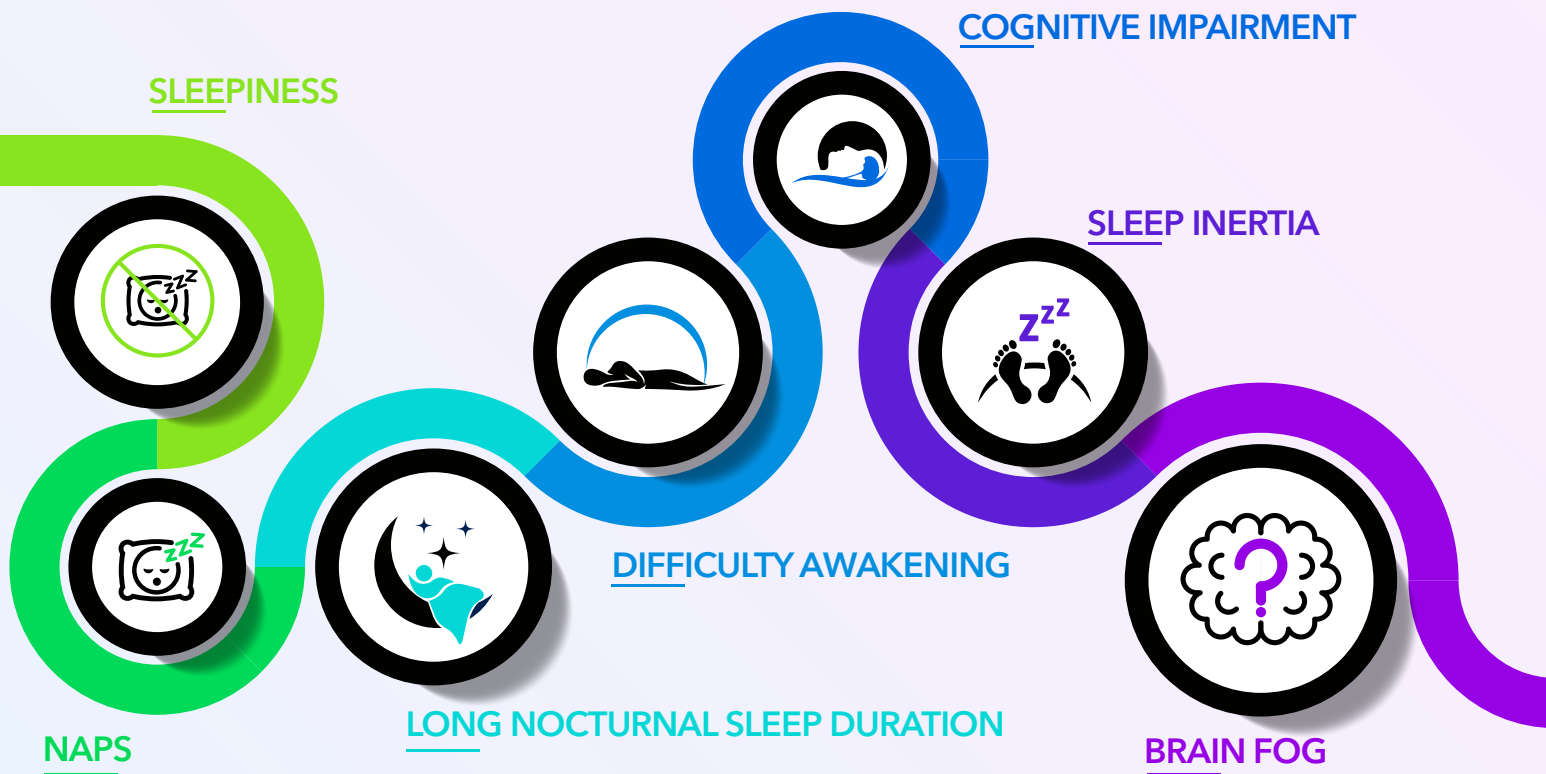


SYMPTOMS OF IDIOPATHIC HYPERSOMNIA



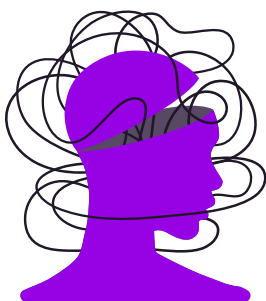
Maness C, et al. J Sleep Res 2018;e12689 | Vernet C, et al. J Sleep Res 2010;19:525-534 | Miglis MG, et al. J Clin Sleep Med 2020



Sleep Inertia

Definition:

A temporary disorientation and decline in performance and/or mood after awakening from sleep, often with slower reaction time, poorer short-term memory, and slower speed of thinking, reasoning, remembering, and learning.



Brain Fog

Brain fog in hypersomnia disorders features

- Cognitive dysfunction
- May or may not be linked with excessive sleepiness
- Possibly related to an underlying inflammatory process
- Reduces concentration
- Impairs information processing
- Leading to a complaint of lack of clarity of thinking and awareness

SYMPTOMS OF IDIOPATHIC HYPERSOMNIA