

17-YEAR-OLD BOY WITH SLEEPINESS

Joe is a 17-year-old boy who was recently in a motor vehicle accident caused by his falling asleep at the wheel. The accident occurred at 11 PM. He was not injured, but both he and his parents are concerned regarding his safety.

Complete the sleep process matrix on this case.

The onset of the sleepiness was gradual, after a nonspecific viral syndrome six months ago. Total sleep time has increased since that time. Before the illness, Joseph's sleep schedule was to be in bed at 11PM, asleep by 11:30 and awakening at 6AM, on school days. On weekends, bedtime was 1 a.m. and awakening at noon the next day. Presently, Joe is asleep at 10 PM. most nights. He does not complain of sleep onset paralysis, leg pain or hypnagogic hallucinations at sleep onset. During the night, he does not snore, or awaken that he or his parents are aware of. Joe is awakening with great difficulty for school at 6:30 AM. with an alarm, and spontaneously at 11AM. On weekends he will consistently sleep in until noon. Joe's bedroom is on the second floor and has two large windows. Review of systems is largely unremarkable. There is no history of head trauma, headaches or seizures.

Joe denies drug use or regular alcohol use, but he has been consuming a 6 pack of Mountain Dew every day, because he is so sleepy. He is falling asleep throughout the day in class, at home, and whenever he is the passenger in a moving vehicle. Since the onset of these problems he has fallen behind in school, but is interested and is trying hard to keep up. There has been no improvement in his sleepiness regardless of the amount of sleep he gets.

Sleep process matrix : 17 year old - EDS - Narcolepsy

Sleep process	Circadian	Homeostatic	Ultradian Develop-mental	Drug/ alcohol	Cardio-respiratory	Neuro	Psy/ Behavior	Other medical
Hypothesis	1.delayed sleep phase 2. shift work 3. advanced sleep phase 4.jet lag	1.insufficient sleep	1.prolonged confusional arousals 2.increased sleepiness	1.drug use or withdrawal 2. alcohol use or withdrawal	1.OSA 2.CSA 3.asthma with repeated awakenings	1.narcolepsy 2.Klein Levin 3.idiopathic 4.seizures 5.brain tumor 6.post-infectious 7.trauma 8.RLS	1.depression 2.PTSD with repeated awakenings	1.pain 2.eczema 3.GER
Data gathering	1.sleep schedule-timing,naps,log, bedtime,waketime, weekend/weekday, 2.light exposure in am 3.vacation schedule	1.alarm to wake 2.settings where sleep occurs 3.with ad lib sleep is sleepiness better	1.arousals	1.drug 2.alcohol 3.caffeine 4.OTC drug	1.snore 2.apnea 3.obese 4.tonsils/adenoid 5. facial anatomy 6.pharyngeal tone 7.FH of OSA 8.hypertention 9.asthma	1.sleep onset paralysis 2.hypnagogic hallucinations 3.cataplexy 4.FH narcolepsy 4.PMS 5.restless legs 6.seizures	1.symptoms of depression/PTSD 2.school 3.family/friends 4.FH of depression	1.Medical ROS
Analysis and Synthesis	<p>1.Sleep extension. regular sleep wake schedule, sleep logs 2.PSG and MSLT</p> <p style="text-align: center;">Narcolepsy</p>							
Treatment	<p>1.Education 2.Sleep extension 3.Regular sleep wake schedule 4.Medication</p>							