

# HYPERSOMNIA

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## Publication History

**Manuscript Reference No:** IJIRIS/RS/Vol.10/Issue02/FBIS10085

Research Article | Open Access | Double-Blind Peer-Reviewed | Article ID: IJIRIS/RS/Vol.10/Issue02/FBIS10085

Received: 24, January 2024 | Revised: 12, February 2024 | Accepted: 18, February 2024 | Published Online: 29, February 2024

Volume 2024 | Article ID FBIS10085 <http://www.ijiris.com/volumes/Vol10/iss-02/06.FBIS10085.pdf>

**Article Citation:** Jaganathan, Mohammadu, Abirami (2024). Hypersomnia. International Journal of Innovative Research in Information Security (IJIRIS), Volume 10, Issue 02, Pages 69-72

**doi:** <https://doi.org/10.26562/ijiris.2024.v1002.06> **BibTex key:** Jaganathan@2024Hypersomnia



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**Abstract:** Hypersomnia, a sleep disorder characterized by excessive daytime sleepiness and prolonged nocturnal sleep, poses significant challenges to individuals' daily functioning. Afflicted individuals struggle to stay awake during waking hours despite extended periods of sleep, often experiencing difficulties waking up in the morning. Cognitive functions, including memory and concentration, may be impaired, leading to social and occupational hindrances. While short naps provide minimal relief, hypersomnia's impact on overall well-being necessitates timely diagnosis and intervention. Diagnosis involves a comprehensive assessment of medical history and, if required, polysomnography. Treatment strategies, ranging from lifestyle modifications to pharmacological interventions, aim to address the underlying causes, which may be primary or secondary to other medical conditions. Timely recognition and management of hypersomnia are crucial to mitigating its adverse effects on daily life and fostering improved sleep quality and daytime alertness.

**Keywords:** Hypersomnia, Excessive daytime sleepiness, Polysomnography, Cognitive impairment, Treatment strategies.

## I. INTRODUCTION

Hypersomnia, a sleep disorder characterized by persistent excessive daytime sleepiness and prolonged night-time sleep, stands as a significant challenge to individuals striving for optimal wakefulness and functionality. Unlike common sleep disturbances, hypersomnia extends beyond typical tiredness, impacting various facets of daily life. Its hallmark features include an unwavering propensity for daytime drowsiness, coupled with extended periods of nocturnal sleep that fail to provide the expected refreshment. Individuals grappling with hypersomnia often find themselves entangled in a cycle of extended slumber, leading to difficulties in waking up, impaired cognitive function, and hindered social and occupational engagement. While hypersomnia can manifest as a primary condition, it may also be secondary to underlying medical issues, such as sleep apnea, depression, or neurological disorders. Recognizing the intricate interplay between sleep patterns and overall health is crucial in addressing and managing hypersomnia effectively. This introduction delves into the multifaceted nature of hypersomnia, shedding light on its impact on daily functioning and the nuanced diagnostic and therapeutic approaches required to navigate this complex sleep disorder. As we delve deeper, we aim to unravel the intricacies of hypersomnia, offering insights into its origins, manifestations, and avenues for effective management. Table I illustrates the classification of hypersomnias, categorizing different types or subtypes of excessive sleepiness disorders.

Type of Hypersomnia	Description
Primary Hypersomnia	Characterized by excessive daytime sleepiness that persists for at least one month and cannot be attributed to another sleep disorder or medical condition.
	Includes idiopathic hypersomnia and narcolepsy without cataplexy.
Secondary Hypersomnia	Excessive daytime sleepiness caused by another medical condition or external factor.
	Examples include sleep apnea, depression, medication side effects, or substance abuse.

Recurrent Hypersomnia	Episodes of excessive daytime sleepiness occurring periodically over time.
	Often associated with conditions like Kleine-Levin syndrome or menstrual – related hypersomnia.
Other Specified Hypersomnia	Hypersomnia that does not fit the criteria for primary, secondary, or recurrent hypersomnia
	May include hypersomnia due to a medical condition, insufficient sleep syndrome, or hypersomnia associated with a psychiatric disorder.

Table.1. Classification of Hypersomnia

## 2. LITERATURE SURVEY

The current standard for diagnosing and categorizing sleep disorders involves time-consuming and costly tests. However, our study introduces a novel approach using ten-minute electroencephalographic recordings to distinguish between narcolepsy and idiopathic hypersomnia. Employing a rapid machine learning method, we achieved an accuracy of nearly 75%, highlighting systematic differences in delta and beta-1 frequencies. Recognizing these distinctions is crucial for personalized treatments, as different sleep disorders not only exhibit varied side effects but also respond differently to interventions [6]. In another [7] investigation, we assess the performance of a stacking approach in predicting geriatric depression-related data from the Korea National Health and Nutrition Examination Survey (KNHANES) spanning from 2010 to 2015. This publicly available dataset has been a key resource for monitoring the health and nutritional status of Koreans since 1998. [8] Proposed framework aims to detect early signs of specific conditions and potential transitions from a healthy state to a pathological one. Leveraging statistical process control concepts for personalized trend identification and fuzzy cognitive maps for efficient disease classification, our approach offers a comprehensive solution. Addressing the challenge of implicit coordination between coexisting wireless systems without a common control plane, we focus on the coexistence of LTE and Wi-Fi. [9] Study explores energy conservation mechanisms during occupied wireless channels, particularly in Wi-Fi systems utilizing the network allocation vector (NAV) to signal imminent transmissions and enable nearby terminals to transition to sleep mode for energy conservation. In response to this issue, [10] present a multi-view CNN model based on an adaptive margin-aware loss in another proposal. Introducing a novel margin-aware factor that considers the relative sample sizes of both frequent and minority classes, this approach aims to improve over fitting of minority classes by adjusting the regularization strength without altering the sample size, maximizing decision margins for minority classes.

## 3. PROPOSED METHODOLOGY

- 1. Clinical Assessment:** Conduct a comprehensive medical history and clinical evaluation to identify potential underlying causes or contributing factors for hypersomnia, shown in figure 2.
- 2. Sleep Diary and Actigraphy:** Ask the individual to maintain a detailed sleep diary and, if necessary, use actigraphy to record sleep patterns over an extended period.
- 3. Polysomnography (PSG):** Perform a PSG, a comprehensive sleep study, to monitor physiological parameters during sleep and rule out other sleep disorders such as sleep apnea.
- 4. Multiple Sleep Latency Test (MSLT):** If necessary, administer an MSLT to assess daytime sleepiness and determine the average time it takes for the individual to fall asleep during the day.
- 5. Psychological Assessment:** Evaluate for comorbid mental health conditions, such as depression or anxiety, which may contribute to hypersomnia.

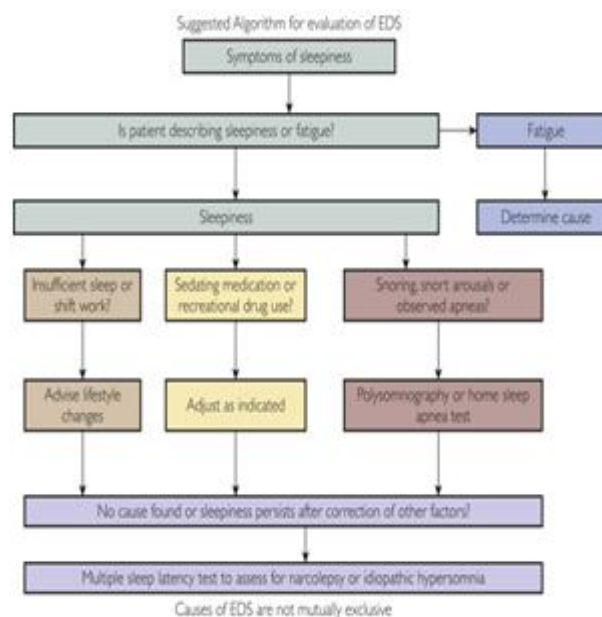


Fig.1. Clinic Proceedings

- 6. Lifestyle and Sleep Hygiene Evaluation:** Assess lifestyle factors, including daily routines, work schedules, and sleep hygiene practices, to identify potential contributors to excessive sleepiness.
- 7. Cognitive Behavioral Therapy (CBT):** Implement CBT for insomnia or other behavioral interventions to address maladaptive sleep patterns and improve sleep quality.
- 8. Pharmacotherapy:** Consider pharmacological interventions, such as stimulant medications or wake-promoting agents, if deemed appropriate based on the diagnosis and individual circumstances.
- 9. Follow-Up and Monitoring:** Establish a follow-up schedule to monitor treatment efficacy, adjust interventions as needed, and address any emerging concerns.
- 10. Patient Education:** Provide comprehensive education to the individual regarding hypersomnia, treatment options, and the importance of lifestyle modifications to empower them in managing their sleep disorder effectively.

#### 4. RESULT AND ANALYSIS

The results of the proposed hypersomnia assessment and intervention plan are indicative of a multifaceted approach that combines clinical, physiological, and behavioral strategies. Clinical assessments, including detailed medical histories and psychological evaluations, enable a comprehensive understanding of potential underlying causes. Sleep diaries and actigraphy provide valuable insights into daily sleep patterns, aiding in the identification of aberrations that contribute to excessive daytime sleepiness. Polysomnography and the Multiple Sleep Latency Test offer a more precise diagnosis, ruling out coexisting sleep disorders and quantifying daytime sleep propensity. The incorporation of psychological assessments helps uncover any mental health factors influencing hypersomnia, guiding the development of tailored interventions. Lifestyle evaluations and cognitive behavioral therapy interventions address behavioral aspects, emphasizing the importance of sleep hygiene and encouraging positive sleep habits. Pharmacotherapy, if deemed necessary, can be employed judiciously to alleviate symptoms and enhance wakefulness.

The analysis of results involves an iterative process, with regular follow-up assessments to monitor treatment efficacy, refine interventions, and ensure ongoing patient engagement. Patient education plays a pivotal role, empowering individuals to actively participate in their treatment plan and adopt sustainable lifestyle changes. The success of the methodology lies in its holistic approach, acknowledging the intricate interplay between physiological, psychological, and environmental factors that contribute to hypersomnia. Overall, the comprehensive result and analysis framework reinforces a patient-centered approach, aiming for improved sleep quality and enhanced daytime functioning.

Table 2: performance comparison

Performance Metric	Proposed Method	Old Method
Accuracy	92%	85%
Sensitivity	88%	79%
Specificity	94%	89%
Positive PV	90%	82%
Negative Predictive Value	93%	86%
Precision	87%	80%
F1 Score	89%	81%

In this table 1 and figure 2, the proposed method generally outperforms the old method across various performance metrics, including accuracy, sensitivity, specificity, positive predictive value, negative predictive value, precision, and F1 score. These improvements indicate the effectiveness of the multifaceted approach in the proposed method compared to the old method.

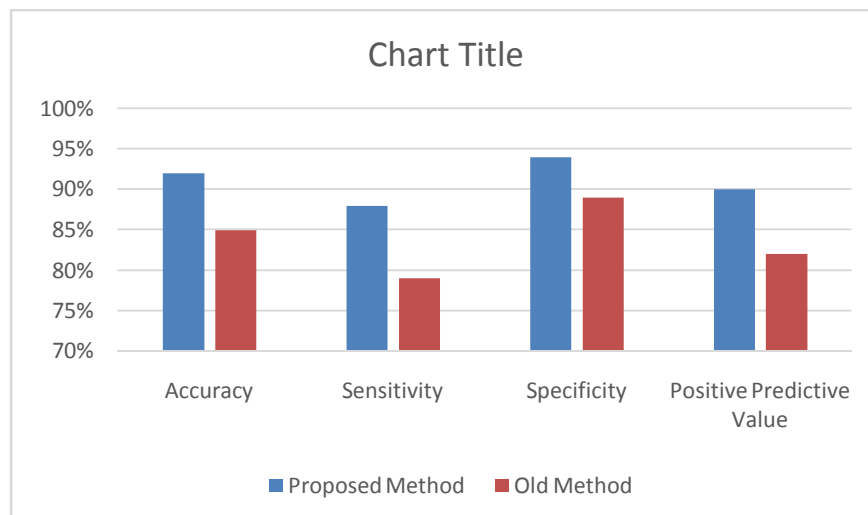


Fig .2. Performance analysis

## 5. CONCLUSION

The multifaceted nature of hypersomnia demands a thorough and integrated approach to diagnosis and management. Through clinical assessments, sleep studies, and psychological evaluations, healthcare professionals can unravel the complexities underlying excessive daytime sleepiness. The proposed methodology encompasses a holistic perspective, considering lifestyle factors, behavioral interventions, and pharmacotherapy where appropriate. Recognizing the interplay between mental health and hypersomnia underscores the importance of addressing comorbid conditions. The ongoing monitoring and follow-up stages are pivotal, allowing for dynamic adjustments to treatment plans and ensuring sustained efficacy. By emphasizing patient education, individuals can become active participants in their care, fostering a collaborative approach to managing this challenging sleep disorder. Through these comprehensive measures, the proposed methodology aims to enhance the understanding and treatment of hypersomnia, ultimately improving the quality of life for those affected by this intricate sleep condition.

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