Introduction to
Circadian Sleep Disorders Network

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Circadian Rhythm Sleep Disorders

Delayed Sleep Phase Disorder (DSPD)

Advanced Sleep Phase Disorder (ASPD)
Circadian Rhythm Sleep Disorders
Non-24-Hour Sleep-Wake Disorder (Non-24)
(patient sleeping as her body dictates)
Circadian Rhythm Sleep Disorders – TWO Factors

• Body’s clock is shifted later (for DSPD)
  – Not entrained to day/night cycle

• Inflexible
  – This is the part people don’t understand
# Incidence Estimates (very approximate)

<table>
<thead>
<tr>
<th>Sleep Disorder</th>
<th>Incidence</th>
<th>Number of Americans</th>
<th>Number of Americans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delayed Sleep Phase Disorder (Adults)</td>
<td>1 in 600 adults</td>
<td>500,000</td>
<td></td>
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<tr>
<td>Narcolepsy</td>
<td>1 in 2,000</td>
<td>150,000</td>
<td></td>
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<tr>
<td>Delayed Sleep Phase Disorder (Teens)</td>
<td>1 in 100? teens</td>
<td>300,000</td>
<td></td>
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<tr>
<td>Advanced Sleep Phase Disorder</td>
<td>? (much fewer)</td>
<td>?</td>
<td></td>
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<tr>
<td>Non-24-Hour Sleep-Wake Disorder (blind)</td>
<td>Over half of blind</td>
<td>90,000</td>
<td></td>
</tr>
<tr>
<td>Non-24-Hour Sleep-Wake Disorder (sighted)</td>
<td>?</td>
<td>?</td>
<td>?</td>
</tr>
</tbody>
</table>
Definitions

Delayed Sleep Phase Disorder (DSPD) is a disorder in which a person’s sleep occurs much later than desired. He finds it difficult to impossible to fall asleep until very late at night, and therefore difficult to wake up until very late in the morning or even afternoon.

Non-24-hour Sleep-Wake Disorder (Non-24) is a disorder in which an individual falls asleep later and later each day, eventually rotating all the way around the clock.
Patient Registry and Survey (ongoing)

- 120 questions
- Over 700 respondents
- Over 500 completed the questionnaire
Patient Registry and Survey
Some Surprising Results

- 31% sleep 9½ hours or more
- 58% tired even sleeping on their natural schedule

1/3 (sighted) believe they have Non-24

49% also suffer from depression
  - For most of those, depression started AFTER the CRSD
Patient Registry and Survey
Treatment Outcomes

• Light therapy:
  – Only 14% achieved desired sleep times

• Melatonin
  – Only 12% achieved desired sleep times

• Phase-delay chronotherapy
  – Only 5% said it helped for longer than a month
  – But 25% said their DSPD became Non-24 after using it!
Thank You!

Visit us at: CircadianSleepDisorders.org

shortcut: csd-n.org

(don't forget the hyphen!)

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