Introduction to Circadian Sleep Disorders Network
Advocating for people with misaligned body clocks
Delayed Sleep-Wake Phase Disorder (DSWPD)
Impossible to fall asleep until very late at night/early morning, therefore difficult to wake up until late in the morning or even afternoon.

Non-24-Hour Sleep-Wake Disorder (Non-24)
Individual falls asleep an hour or more later each day, eventually rotating around the clock. Days are 25+ hours long.
Circadian Rhythm Sleep Disorders
Delayed Sleep-Wake Phase Disorder (DSWPD) & Advanced Sleep-Wake Phase Disorder (ASWPD)

Example of Normal Sleep Phase

Example of Delayed Sleep Phase

Example of Advanced Sleep Phase

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Circadian Rhythm Sleep Disorder Non-24-Hour Sleep-Wake Disorder (Non-24)
(patient sleeping as their body dictates)
# Prevalence Estimates of Circadian Sleep Disorders

(very approximate)

<table>
<thead>
<tr>
<th>Sleep Disorder</th>
<th>Prevalence</th>
<th>Number of Americans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delayed Sleep-Wake Phase Disorder (Adults)</td>
<td>1 in 600 Adults</td>
<td>500,000</td>
</tr>
<tr>
<td>Narcolepsy</td>
<td>1 in 2,000</td>
<td>150,000</td>
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<tr>
<td>Delayed Sleep-Wake Phase Disorder (Teens)</td>
<td>1 in 15? Teens</td>
<td>2,000,000</td>
</tr>
<tr>
<td>Advanced Sleep-Wake Phase Disorder</td>
<td>? [Much Fewer]</td>
<td>?</td>
</tr>
<tr>
<td>Non-24-Hour Sleep-Wake Disorder (Blind)</td>
<td>Over half of blind (no light perception) individuals</td>
<td>90,000</td>
</tr>
<tr>
<td>Non-24-Hour Sleep-Wake Disorder (Sighted)</td>
<td>?</td>
<td>?</td>
</tr>
</tbody>
</table>

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**Represents 75,000 Americans**
Patient Registry & Survey (ongoing)

- 120 questions
- Over 1600 respondents
- Over 1200 completed the questionnaire

Circadian Sleep Disorders Network

Welcome to the Circadian Sleep Disorders Network
Patient Insights Network

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