

**Introduction to**

# **Circadian Sleep Disorders Network**

**Advocating for people with misaligned body clocks**



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## 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.

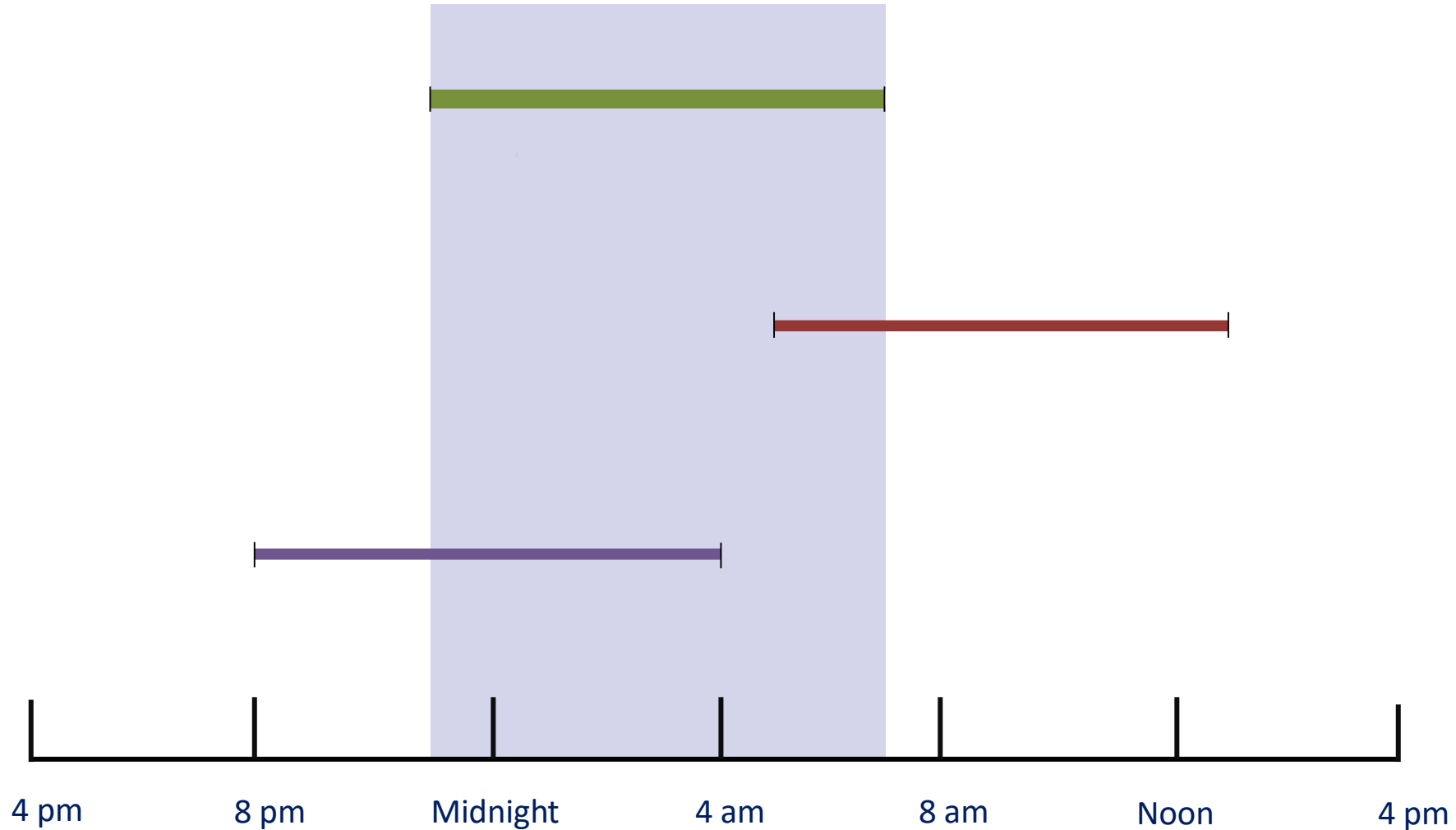
# Circadian Rhythm Sleep Disorders

## Delayed Sleep-Wake Phase Disorder (DSWPD) & Advanced Sleep-Wake Phase Disorder (ASWPD)

Example of  
**Normal Sleep**  
Phase

Example of  
**Delayed Sleep**  
Phase

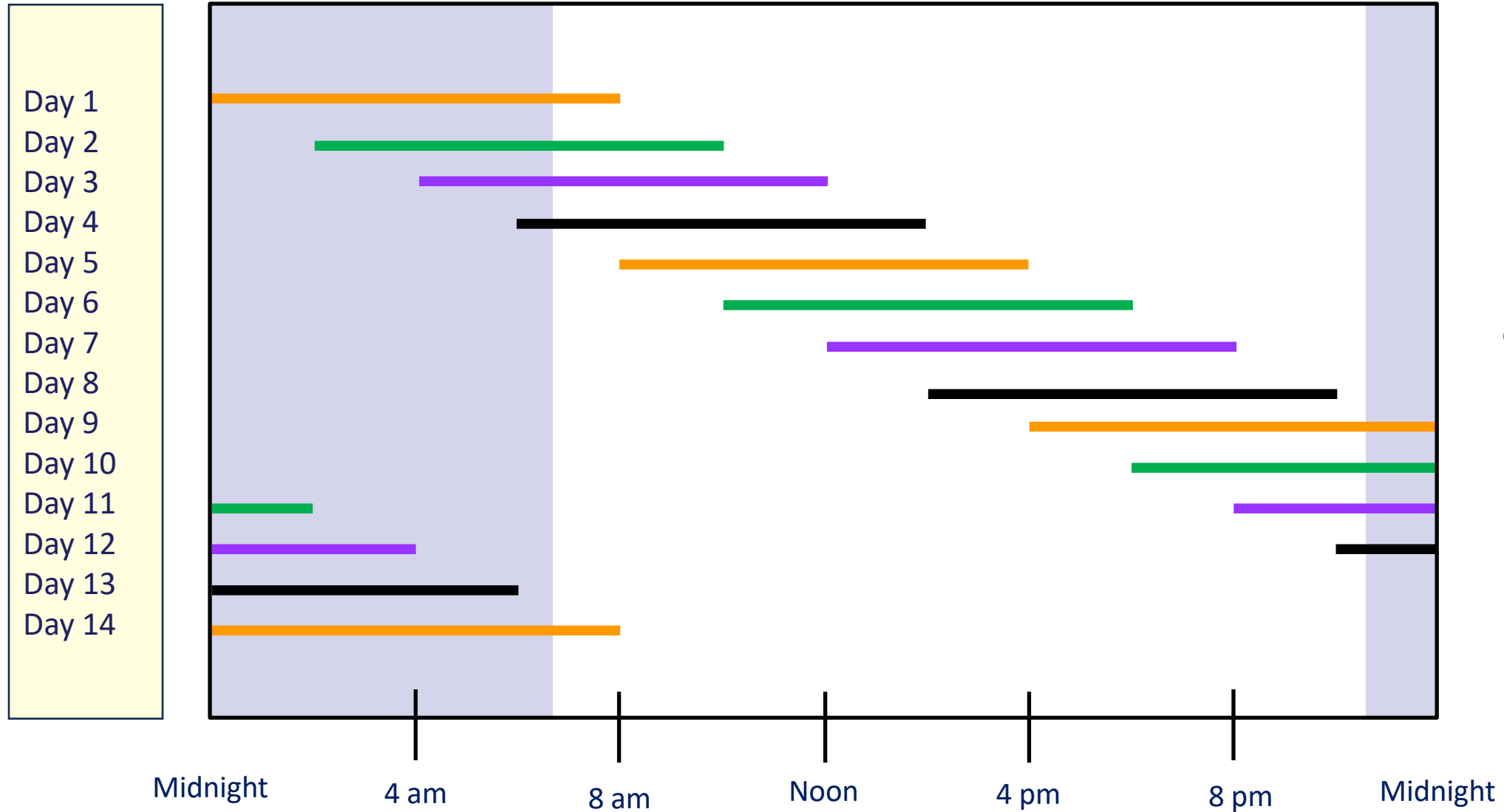
Example of  
**Advanced Sleep**  
Phase



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



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# Prevalence Estimates of Circadian Sleep Disorders

(very approximate)



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



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# Circadian Sleep Disorders Network Patient Registry & Survey (ongoing)

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

QR for  
Preliminary  
Results.



Circadian Sleep Disorders Network  
Registry~Survey~PIN

PATIENT INSIGHTS NETWORK™

English

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