



Appendix B: Other Conditions Associated with Daytime Sleepiness

Other conditions associated with excessive daytime sleepiness include:²⁴

- **Sleep restriction:** behavioural, jet lag, shift work, circadian rhythm disorder
- **Sleep-disordered Breathing:** sleep-related hypoventilation, central sleep apnea
- **Movement disorders in sleep:** periodic limb movement disorder (disrupts sleep)
- **Parasomnia** (e.g., sleep walking, sleep talking)
- **Primary hypersomnia:** Narcolepsy, Idiopathic hypersomnolence
- **Medications:** antidepressants (almost all), sedatives/alcohol, narcotics, stimulant withdrawal
- **Medical/psychiatric disease:** mood/anxiety disorders, chronic disease (e.g., chronic heart failure, chronic kidney disease)
- **Endocrine abnormalities:** hypothyroidism, hypopituitary conditions