

One of my biggest struggles is my inability to wake up on my own. I am a very independent person, and I always have been. I'm headstrong and a "go-getter". However, for the past 12 years or more, I have had to have someone else to wake me every morning. It started with my mom having to call my phone over and over, until I woke up. Sure, I had an alarm, like 4 or 5 of them, even the old-time wind-up with the loud bells! I sleep through it....yes, that's right. Or, I may turn them off. I've tried the ones that require you to work out math problems, I've tried the Clocky- the alarm that rolls off the nightstand and makes a loud noise while rolling around the room. I sleep through it all or don't remember turning them off. It progressed to my husband having to wake up an hour or so before he should to give me my stimulant medication so that I can eventually wake up. EVERYDAY!

I used to like waking up before the kiddos to have quiet time before starting my day but that never happens anymore. I feel guilty for getting upset at my husband when he doesn't wake up to give me my medicine at the right time and I'm late for work. I'm usually a few minutes late to everything especially if it's something in morning. But that's not me, I'm really not a slacker! I am self-conscious because I feel like others look at me and judge but I really don't mean to be late. I get really upset and frazzled when I'm late which uses up more of my energy and causes more stress before my day really even starts.

I have so many things that I would like to do, house projects/hobbies/travel, etc. But I'm always sleepy. Sure, I'm ok for a little while, but then I get sleepy and it's all over. I just want to wake up feeling refreshed and rested.

Written by Laura for the Idiopathic Hypersomnia Awareness Week 2018



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