Non-24 is a serious chronic disorder affecting up to 70% of totally blind individuals; those who have limited light perception may also be affected.

Without enough or any light cues, individuals living with Non-24 may experience the following sleep difficulties—

* Trouble falling asleep and/or staying asleep during the night
* A strong urge to sleep during the day or a tendency to fall asleep unexpectedly
* Sleep patterns that are different from those of most other people they know
* Difficulty staying awake during the day which may affect time at work, at school, social activities and/or family time
* Periods of good sleep followed by periods of poor sleep
* Wake up feeling groggy or the feeling they haven’t gotten enough sleep

To learn more, please contact Shauna Jatho RN clinical nurse educator at 202.538.0396

