**Non-24** Hour Sleep Wake Circadian Rhythm Disorder is a serious chronic disorder:

* For people who are blind or visually impaired and unable to perceive any or enough light, the body clock and sleep-wake cycle can become out of sync with the 24 hour day-night cycle.
* People who have Non-24 experience a constant daily shift in the times when their body expects to sleep and be awake, creating periods when they may be awake at night and want to sleep during the day.

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

* 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

\*\*\*these symptoms may greatly affect the quality of your life.

\*\*\*If you’d like to host a Non-24 educational presentation with your local chapter/support group, please contact me.

To learn more about Non-24, contact:

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