



You might think that most of the patients at sleep clinics are being treated for sleeplessness, commonly referred to as insomnia, but that is not the case.

你可能认为大多数睡眠门诊的病人都在治疗失眠，通常被称为失眠症，但不是这样的。

The majority of sleep-clinic patients suffer from disorders of excessive sleep, or "hypersomnia."

睡眠门诊的大多数病人遭受的是过度的睡眠紊乱，或者“嗜睡”

While most insomniacs somehow manage to drag themselves through the day and function at acceptable, although not optimal levels, this is not so for people who suffer from hypersomnia.

对于大多数失眠患者，他们白天虽然不能保证最佳状态，但总能以某种方法强撑着进行日常活动，但遭受嗜睡症的人却不是这样。

They are incapacitated by irresistible urges to sleep during the day, often in inappropriate situations—at business meetings, in supermarkets, or at parties. They are unable to resist the urge to sleep during the day, often in inappropriate situations—at business meetings, in supermarkets, or at parties. They are unable to resist the urge to sleep during the day, often in inappropriate situations—at business meetings, in supermarkets, or at parties.

Even more dangerous is their failure to remain awake when driving or operating machinery.

甚至更危险的是他们不能在开车和操作机器时保持清醒。

Falling asleep in such situations could obviously be life-threatening. Many hypersomniacs suffer from narcolepsy, for which the primary symptom is excessive daytime sleepiness.

在这样的情况下睡着很明显能危及生命。许多嗜睡症患者遭受嗜睡发作之苦，因为这个病主要症状是过度的白天睡眠。

Though not apparent in childhood, this symptom most often appears for the first time during the teen years and continues throughout a person's life.

虽然在童年时不明显，这个症状许多时候第一次出现在青少年期间，并会持续贯穿一个人的一生。

The sleep attacks may occur as many as fifteen to twenty times during the course of the day and last for periods from fifteen minutes up to two hours.

嗜睡症的发作可能会在一天中发生多达 15—20 次，并且持续时长从 15 分钟一直到两个小时。

What can be done to help those suffering from narcolepsy?

能做些什么去帮助那些遭受嗜睡发作之苦的人呢？

There are certain drugs that can help, and specialists suggest voluntary napping to decrease the frequency of such sleep attacks.



有某些药能帮助，并且，专家建议采用自发打盹的方式，可以降低发病的频率。



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