



# The Potential Long Term Effects of Post-COVID-19 on Narcolepsy Type-2 and Idiopathic Hypersomnia

Rugama Mbelli\*

Department of Psychiatry, McGill University, Montreal, Canada

## DESCRIPTION

Sleep disorders such as narcolepsy type-2 and idiopathic hypersomnia can have a significant impact on one's quality of life. While many of the causes for these conditions are unknown, recent studies have linked them to the effects of COVID-19. In this article, we will explore the potential effects of post-COVID-19 on sleep disorders such as narcolepsy type-2 and idiopathic hypersomnia. The COVID-19 pandemic has had a profound effect on people around the world. It has caused disruptions in all aspects of our lives, including sleep patterns. A study conducted in 2020 showed that people with underlying health conditions were more likely to experience disrupted sleep due to the stress and anxiety caused by the pandemic. Furthermore, this disruption in sleep patterns could be correlated with an increase in the incidence of sleep disorders such as narcolepsy type-2 and idiopathic hypersomnia.

Narcolepsy type-2 is a condition that primarily affects individuals between the ages of 15 and 25 years old, although it can occur at any age. This disorder is characterized by excessive daytime sleepiness, motor disturbances such as cataplexy or muscle weakness, difficulty staying awake during normal waking hours, disturbed nighttime sleeping patterns, and other symptoms that can significantly impact daily life activities. Idiopathic hypersomnia is a condition that is similar to narcolepsy but does not have a known cause or trigger; however, post-COVID-19 may be an influencing factor in some cases.

The impact of post-COVID-19 on these two sleep disorders is still not well understood; however, some studies indicate that there may be an association between stress levels due to the pandemic and an increased risk for narcolepsy type 2 and/or idiopathic hypersomnia. Furthermore, due to changes in lifestyle habits during this period (e.g., reduced physical activity, changes in sleeping patterns), it is possible that some individuals may have been more vulnerable to developing these particular conditions than they would have been prior to the pandemic. Additionally, some individuals may have already had existing pre-existing conditions which were made worse by increased stress

levels during this period leading up to an official diagnosis being given for either narcolepsy type 2 or idiopathic hypersomnia due to COVID-19 related lifestyle changes experienced over time since March 2020 leading up until now when writing this blog post.

It is important for those who are experiencing symptoms of either narcolepsy type 2 or idiopathic hypersomnia to seek medical advice if possible so they can receive proper treatment for their condition(s). Treatment options vary depending on individual needs but commonly include medications such as stimulants or antidepressants; however lifestyle modifications related to diet/nutrition, physical activity levels and stress management should all be taken into consideration when implementing any treatment plan for optimal results. Additionally, it might also be helpful for individuals with these specific conditions to practice relaxation techniques such as yoga or meditation as part of their overall coping strategy.

The COVID-19 pandemic has had an extensive effect on the world, from the economy to people's mental and physical health. Many individuals already suffering from sleep conditions, such as narcolepsy type-2 and idiopathic hypersomnia, have experienced added stress due to the effects of the pandemic. This article will focus on how these two sleep disorders may be affected by post-COVID-19 scenarios and what treatments may help manage their symptoms. Numerous studies have shown that narcolepsy type-2 often goes undiagnosed or is misdiagnosed due to its similarity in symptoms to other sleep disorders. One of the major symptoms of this disorder is a sudden onset of Excessive Daytime Sleepiness (EDS). People suffering from this condition, prior to the onset of COVID-19, were already struggling with managing their EDS since it can interfere with daily activities such as work or school. With the introduction of lockdowns and remote working/learning for many people, those suffering from narcolepsy type 2 have seen an increase in episodes of EDS as well as difficulty concentrating or studying.

The most important factor when treating both narcolepsy type 2 and idiopathic hypersomnia is getting good quality rest at night so that sufferers can properly manage their daytime symptoms.

**Correspondence to:** Rugama Mbelli, Department of Psychiatry, McGill University, Montreal, Canada, E-mail: mbellilu.rugamack@email.com

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Stress management techniques are also beneficial in helping reduce levels of stress which can exacerbate these conditions further. Other treatments such as medications and Cognitive Behavioral Therapy (CBT) may also help manage symptoms depending on individual cases. It is important for those suffering from these conditions prior to COVID-19 as well as those newly diagnosed since the start of pandemic that they find ways to get adequate amounts of restful sleep so that they can better manage their symptoms during times when routines are disrupted due to outside factors such as pandemics.

The coronavirus pandemic has presented many challenges to people, including those who suffer from sleep disorders such as narcolepsy and idiopathic hypersomnia. With the devastating

effects of the global health crisis on mental health, it is important to consider the potential long term effects that COVID-19 may have on these conditions. Narcolepsy type-2 (NT2) and Idiopathic Hypersomnia (IH) are both neurological sleep disorders that can cause excessive sleepiness, difficulty staying awake during the day, and other physical and cognitive symptoms. People with these conditions often struggle with physical fatigue, emotional exhaustion, and decreased motivation. While some individuals may be able to manage their symptoms through lifestyle changes or medications prescribed by a doctor, others may require more comprehensive care. In order to explore the impact of post-COVID-19 on narcolepsy type 2 and idiopathic hypersomnia, it is important to understand how the pandemic has affected access to treatment.