

NARCOLEPSY (DAYTIME SLEEP DISORDER)

Narcolepsy is defined as excessive uncontrollable daytime sleepiness and frequent sleep attacks.

CAUSES

- 1) The exact cause of narcolepsy is not known.
- 2) Probable Cause:
- 3) Genetic disorder.
- 4) Insomnia.
- 5) Disruption of work schedules - night shifts.
- 6) Excessive alcohol intake.

DIETARY MANAGEMENT

1) Avoid:

- Avoid alcohol and sugar.
- Avoid stimulants like coffee, caffeinated drinks, tea or drugs.

DO

- a. Make a schedule and maintain time of sleep.
- b. Avoid shift work or maintain timing of the shift.
- c. Take short naps during the day.
- d. Schedule naps, like 15 minute nap after lunch then 15 minutes nap at 5:30 pm. This will provide temporary alertness and reduce the intensity of daytime sleepiness.

CONSUME

- a. Reduce intake of fats.
- b. a diet rich in whole grains, vegetables, fruits, low fat dairy and lean sources of protein.
- c. limit alcohol, chocolate and caffeine intake and should avoid consuming any of them several hours before bed.
- d. Increase intake of calcium and magnesium, needed for energy production and proper functioning of nervous system.
- e. Consume food high in protein diet during the day, protein foods increases alertness.
- f. Food high in proteins contains L - Glutamine (amino acid), it promotes mental ability and is a brain fuel as it passes the brain barrier freely.
 - a. You can take L - Glutamine supplements, empty stomach with water or juice. Do not drink milk with it, as it hinders the absorption. You can have vitamin C and vitamin B6 supplements along with it for better absorption.
 - b. Consume proteins high in L - Tyrosine; it is needed for production of norepinephrine and dopamine which are important for mental alertness and long term memory.
 - c. Consume food high in L - tryptophan in the evening meals with carbohydrates as they slow mental function and cause sleepiness.
 - i. Milk, tuna fish, turkey and eggs, Almonds, cabbage, kidney beans, oats, pistachios, bananas, poppy seeds, pumpkin seeds, spinach, wheat, sunflower seeds and evening primrose seeds.
- d. Consume complex carbohydrates for evening meals as they have calming effect and may endorse sleepiness. Even though carbohydrate calms brain but

is necessary for adequate mental performance as glucose is main fuel source for brain.

- e. Consume food high in choline or lecithin. Choline acts as a neurotransmitter and is very important for brain function.
 - i. Milk, eggs, liver, wheat germ and peanuts are rich in choline.
 - ii. Other sources are beef, shrimp, salmon, Atlantic cod, Brussels sprouts, broccoli and milk chocolate.
- f. Consume food high in chromium; it promotes energy and regulates sugar metabolism.
- g. Consume coenzyme Q10, it increases circulation to the brain.
- h. Food sources:
 - i. Meat poultry, fish, soybean, canola oil and nuts, fruits vegetables, eggs, dairy products are also good sources.
- i. You can take supplements of coenzyme Q10 - 100-300 mg per day.
- j. Consume Octocosanol supplements. It is a naturally occurring substance found in sugar cane, wheat germ oil, spinach and other natural food sources. It increases the oxygen utilization by the body.
- k. Consume B vitamins especially niacin and pyridoxine, B vitamins boost metabolism and increase the energy levels and normal brain functions.
- l. Consume food high in pyridoxine.
- m. Consume food high in niacin.
- n. Consume lots of vitamin C and bioflavanoids, increases energy and has antioxidant properties.

CONSULT PHYSICIAN

- a. Before making any changes in your diet and medicine please consult you physician or qualified dietician.
- b. Before taking any supplements consult your physician.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .