

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Diagnosing sleep conditions

Clinicians need a diagnosis for common and not-so-common sleep conditions. A straightforward tool for common conditions is the Goodfellow Unit Short Sleep Questionnaire.¹

Two lesser-known issues are primary insomnia (chronic insomnia), when patients spend more time in bed than they need to. The Australian Sleep Association² has tools for how to diagnose and treat this and other sleep conditions.

Delayed sleep phase disorder - those who prefer to go to bed late [after midnight] and get up late in the morning is the other less common issue; this is a teenage sleep pattern seen in 25% of University students. This group need melatonin at night and light boxes or sunlight early in the morning.

References:

1. Short Sleep questionnaire [View](#)
2. Australian Sleep Association [Website](#)

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