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Non-24-Hour Sleep-Wake Disorder

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Disease Overview

Non-24-hour sleep-wake disorder (N24) is a circadian rhythm sleep disorder in which an individual's biological clock fails to synchronize to a 24-hour day. Instead of sleeping at roughly the same time every day, someone with N24 will typically find their sleep time gradually delaying by minutes to hours every day. They will sleep at later and later clock times until their sleep periods go all the way around the clock. (In extremely rare cases the sleep rhythm will gradually advance rather than delay.) Patients' cycles of body temperature and hormone rhythms also follow a non-24-hour rhythm. Attempts to fight against this internal rhythm and sleep on a typical schedule result in severe and cumulative sleep deprivation. N24 occurs in 55-70% of completely blind people, but also occurs in an unknown number of sighted people.

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Programs & Resources

RareCare® Assistance Programs

Accepting Applications

Phone: [877-333-1860](tel:877-333-1860) Email: UCD@rarediseases.org

Fax: 203-405-0802

Accepting Applications

Every donation matters.

Your support helps to ensure everyone's free access to NORD's rare disease reports.

\$5

\$10

\$25

\$50

\$100

\$500

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Additional Assistance Programs

MedicAlert Assistance Program

NORD and MedicAlert Foundation have teamed up on a new program to provide protection to rare disease patients in emergency situations.

<https://rarediseases.org/patient-assistance-programs/medicalert-assistance-program/>

Rare Disease Educational Support Program

Ensuring that patients and caregivers are armed with the tools they need to live their best lives while managing their rare condition is a vital part of NORD's mission.

<https://rarediseases.org/patient-assistance-programs/rare-disease-educational-support/>

Rare Caregiver Respite Program

This first-of-its-kind assistance program is designed for caregivers of a child or adult diagnosed with a rare disorder.

<https://rarediseases.org/patient-assistance-programs/caregiver-respite/>

Patient Organizations

Circadian Sleep Disorders Network

Email: csd-n@csd-n.org

<https://rarediseases.org/non-member-patient/circadian-sleep-disorders-network/>