

## A CASE REPORT OF INSUFFICIENT SLEEP SYNDROME OR CHRONIC SLEEP DEPRIVATION

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**Chronic Sleep Deprivation, or, as it is now called, Insufficient Sleep Syndrome, is the daytime sleepiness and other related symptoms such as concentration difficulties, in a person who persistently fails to sleep sufficient time, so that he is fully alert in the daytime.**

**A case of Insufficient Sleep Syndrome from the Sleep Laboratory of the 2nd Pneumology Dept. of the T.G.H. "G. Papanikolaou" is described. The attitude of people towards sleep is discussed, something that is important to be examined in cases of sleeplessness, but also of daytime sleepiness.**

**Key words: Chronic Sleep Deprivation, Insufficient Sleep, daytime sleepiness**

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