

Date

RE:
DOB
MR #

To Whom It May Concern:

_____ is a child diagnosed with idiopathic hypersomnia who I follow in Pediatric Sleep clinic. Idiopathic hypersomnia is excessive sleepiness without an obvious cause. School is often affected because of the increased need for sleep during the day and disabling sleepiness. Other symptoms of idiopathic hypersomnia include anxiety, feeling irritated, low energy, restlessness, slow thinking or speech, loss of appetite, and memory difficulty.

I recommend that _____ have a plan set up at school to make sure that his/her needs are met. _____ should be placed in a smaller classroom and should be placed at the front of the classroom if at all possible. The learning environment should be kept as stimulating as possible. If _____ is having problems maintaining wakefulness at school, then I would recommend he/she be allowed to move around the classroom or that a quiet, darkened place outside of the classroom be made available for him/her to take a 30-minute nap. In addition, because of problems with fatigue, _____ should be allowed a prolonged time for written examinations, particularly SAT type exams. A 10-15 minute break should be allowed every hour and a longer time to complete the exam given these breaks. Flexibility with classroom and homework assignments is essential.

I appreciate your help in meeting with this child's educational needs. If you have any questions, please contact me at 555-1212.

Sincerely,

Yawny B. Good, MD
Assistant Professor
Division of Pulmonary and Sleep Medicine