
Nutrition for Narcoleptics

Jordan Gardner
HLTH 1020

Why I chose this topic:

Narcolepsy is a sleep disorder that affects a relatively few amount of Americans that has a variety of causes with a wide range of severity. This sleep disorder is passed down genetically, and many family members and I have a mild case of it, labeled as excessive daytime sleepiness.

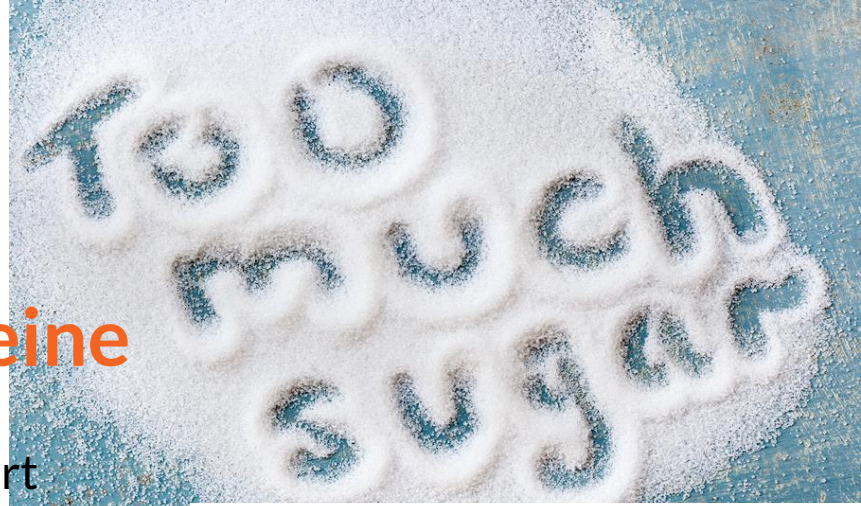
**My focus will be on nutrition
that provides long-term
energy and that helps to
avoid excessive sleepiness.**

BRAIN

We are all aware that certain foods affect our brains and bodies

FOOD





Simple Sugars & Caffeine

As we know, sugars only provide short term highs of energy, then cause crashes after the body quickly burns and uses it.

Caffeine also yields similar results.

Caffeine Content of Beverages

			
Brewed (8 oz, 237 mL) ~150 mg		Instant (8 oz, 237 mL) ~70 mg	
Drip (8 oz, 237 mL) ~100 mg		Espresso (1 oz, 30 mL) ~40 mg	
		Decaffeinated (8 oz, 237 mL) ~5 mg	
	Coffee		
			
Energy drink (8 oz, 237 mL) ~ 80 mg	Cola (12 oz, 355 mL) ~ 40 mg	Tea (8 oz, 237 mL) ~ 40 mg	Hot chocolate (8 oz, 237 mL) ~ 5 mg



Carbohydrates

According to “Diet Therapy for Narcolepsy”, one food to be avoided by people with narcolepsy is foods that are high in carbohydrates.

The Ketogenic Diet

Dr. Berit Brogaard, specialist in brain disorders and intervention, believes that a ketogenic diet (lower carbohydrates) is a long term solution for narcoleptics.

A study was published in the June 2004 issue of "Neurology" that evaluated this diet for people with this disorder.

"The researchers suggest that it is possible that the low glucose intake on the ketogenic diet improved the symptoms of narcolepsy by activating hypocretin-containing neurons."

The study showed that all patients completing the study "experienced **significantly less daytime sleepiness**, fewer sleep attacks and fewer incidents of sleep paralysis."

Herbal Remedies

According to an article written by Tara Carson, a nutrition professor at Northwest Christian University, herbs like St. John's Wort, Ginkgo Biloba, Gotu Kola, and Country Mallow also may help to treat narcoleptic symptoms.



Conclusion

**Lower Sugar &
Carbohydrate
Intake**

**Consume
Foods That
Provide
Long-Lasting
Energy**

**There Are Many
Ways To Treat
Narcolepsy**

Bibliography

<http://www.livestrong.com/article/83013-diet-therapy-narcolepsy/>

<http://www.livestrong.com/article/357493-herbal-remedies-for-narcolepsy/>

<http://www.livestrong.com/article/532807-narcolepsy-the-ketogenic-diet/>