Angelman Syndrome   
[Name of the Writer]

[Name of the Institution]

Angelman Syndrome

Angelman Syndrome is a serious genetic disorder that mainly affects the central nervous system. The patients suffering from this disease have the general symptoms of delayed development, problems with balance and movement, severe speech impairment and intellectual disability. In some severe or prevalent cases of the disease, the patients have a small head (microcephaly) and recurring fits or seizures (epilepsy). Doctors may notice the delayed development in the child in the early months of his or her life, at the age of 6 to 12 months and the remaining symptoms keep up showing with age (Dagli, Mueller, & Williams, 2017).

It has been dramatically observed that the patients suffering from Angelman disease have a hard time sleeping. Most of the patients, especially children suffering from Angelman Syndrome suffer from insomnia as well. They have a decreased need for sleep and have very disturbed sleeping patterns. As per an estimate, almost 20-80% of the patients who suffer from Angelman syndrome experience an issue while falling asleep and have disturbed sleep-wake cycles.

This issue can be addressed by the medical practitioners and pediatricians by using various kinds of sleeping techniques especially for the children; a sleep technologist can also aid a lot in this respect and can help the patient fall asleep or at least get a reasonable sleep. A Sleep technologist may prepare the environment favorable for the patient like making the bed, regulating the lighting and temperature in the room and controlling the factors that disturb the patient (Blackmer, & Feinstein, 2016). They can also stay with the patient while they sleep so that they can clearly observe them and record the observations that what disturbs them. They may also devise various techniques to calm down the patient if or she is upset. The treatment or the method designed depends on the age and the severity of the disease of the patient.

**References**

Blackmer, A. B., & Feinstein, J. A. (2016). Management of sleep disorders in children with neurodevelopmental disorders: a review. *Pharmacotherapy: The Journal of Human Pharmacology and Drug Therapy*, *36*(1), 84-98.

Dagli, A. I., Mueller, J., & Williams, C. A. (2017). Angelman syndrome. In *GeneReviews® [Internet]*. University of Washington, Seattle.