A Case Report on Delayed Sleep Phase Disorder in an Adolescent: Misdiagnosis and Symptom Overlap with Mood Disorder and ADHD

Andleeb Rasheed, Myra Ahmed, Samira Naim, Shakeel Raza, Shahram Sarraei, Annam Zaidi, Rizwana Sabeeh and Saira Mushtaq

Medical Case Reports 2016, 2:2

Abstract

Delayed sleep phase syndrome (DSPS) is a circadian rhythm sleep disorder with a pattern of significantly delayed sleep onset and wakening. According to DSM-5, delayed sleep phase syndrome is characterized by an inability to fall asleep and awaken at a desired or conventionally acceptable earlier time (American Psychiatric Association, 2013). This is a case report of an adolescent male who presented with mood dysregulation and ADHD symptoms, unsuccessfully treated with multiple psychotropic medications and showed complete remission of symptoms after being correctly diagnosed with DSPS and treated with phototherapy.