# Week #5 Discussion (Psychotic/Disassociative/Sleep & Wake Disorders

“It doesn’t matter what time I go to sleep, I am up at 3 am every day. I can go to bed at midnight- bam! up at 3. I can go to bed at 10 pm, up at 3. It just is. That's it, when I am up at 3 there is no going back, I am up for the day.”

Marc Claxton has had this problem off and on for years. It seems to have gotten more prevalent over the past 1 year, in his opinion. “I guess it is usually worse during the weekdays. Whenever I lie there, I just worry about work.”

Marc is a software engineer and runs a very successful software company that he started with a college friend- managing fish counting algorithms for release to National Fish and Game agencies across the country. He has been doing this for several years and is now able to work from home and be his own boss. Marc denies any financial strain or stresses with the company. "I love it. It's really a dream come true- I can work when I want, I make really good money, and I can provide for my family."

Marc is 43 and is healthy- he does not smoke, does not use alcohol, and has never used illegal substances or marijuana. He is married with 5 children and is active in his church community as well. He plays racquetball 3 days per week at the local fitness center and swims laps the other two.

He and his wife just returned from a cruise as a treat to themselves for the hard work put it over the past several years. Even during this cruise, his sleep problem was present.

His wife tells him that he is “dull” because he does not enjoy movies, TV, or going to concerts as she does. She reports that he does not snore. He reports that his mood is good, and he has never had any other mental problems. He denies any history of mental health problems in his family. He reports that he does not take naps during the day, but feels that he needs to. “I'm certainly not sleeping at night, so maybe I need to take some naps.”