

School Accommodations for Sleep Disorders

Many students with Prader-Willi syndrome are also diagnosed with a sleep-related disorder such as narcolepsy, sleep apnea, and excessive daytime sleepiness. Educational accommodations are often needed to allow a student with PWS to access the academic curriculum or complete academic assignments. Below is a list of common accommodations students with sleep disorders may need documented in a 504 or IEP.

- PWS and Sleep Disorder education for staff
- Extra time allotted for tests and quizzes
- Scheduled naps during the day
- Adjusted deadlines for assignments
- Assistance taking notes
- Highlighted textbooks
- Movement breaks throughout the day
- Permission to audio record lectures
- Strategic / modified scheduling of classes (later start time, academics earlier in the day)
- Use of elevator rather than stairs when navigating the building

If you are interested in receiving more information or have questions about sleep disorders and PWS, contact PWSA | USA's Family Support team at (941) 312-0400 or info@pwsausa.org.