

# Sleeping Beauty



One day, Louisa Ball is a **normal** teenager. The next day, her life is not normal at all. Why? She goes to sleep, and she can't wake up. Her parents say, "Please get up. Please have something to eat." Louisa does not move. She does not even open her eyes. She does not wake up until days later. Then she goes back to her normal life. But soon Louisa is asleep again. 1

Most teenagers do not get enough sleep. Louisa gets *too much* sleep. In fact, sometimes Louisa sleeps for almost two weeks. Her parents try to wake her. She needs to eat and wash. Louisa gets out of bed and walks, but she isn't really awake. She is sleepwalking. Later, she remembers nothing. 2

Some people call Louisa "Sleeping Beauty," but her life is not a fairy tale.<sup>1</sup> Her friends go to parties. Her family takes vacations. Louisa is not with them. She is asleep. She also sleeps through important things like tests at school. She is not doing well in her classes. 3

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<sup>1</sup> *fairy tale*: a story for children; it usually has a happy ending



- 4 What is wrong with Louisa? At first, no one knows. She doesn't have a cold. Her **temperature** is normal. Some people say, "There's nothing wrong with her." "She needs to get up and go to school." Finally, the doctors **diagnose** her problem. Louisa has Kleine-Levin Syndrome (KLS). KLS is a **rare brain condition**. Only about 1,000 people in the world have it. Most people with KLS are teenagers. They sleep for long **periods** of time. Some people sleep for months. There is no **cure** for KLS.
- 5 Doctors don't know the exact cause of KLS. Maybe a **virus** is the cause. In fact, Louisa had a virus just before her first long period of sleep.
- 6 Louisa knows the **symptoms** of KLS. She feels unhappy. She gets mad easily. She stops talking to her friends. She needs to go home. She needs to go to bed.
- 7 Louisa's life stops for weeks because of KLS. But there is some good news for her. KLS does not last forever. It usually **affects** people for 8 to 12 years. Louisa will probably have a normal life again someday. She and her family are hopeful. Maybe that day will come soon.