

Devdeep Chowdhury's Story -

Taken from Cure KLS – Devdeep lives in India

I never knew that the illness which haunted me in the past is known as KLS.

This was not known to me I was recently thinking about this what used to happen to me and gave a thought of giving a search in Google and came up with this article 'Rare illness turns girl, 15, into 'sleeping beauty' the story of Louisa Ball, amazed to know that there are so many like us. I was not familiar to this Kleine Levin Syndrome as Doctors in India didn't know what was happening to me at that time.

I have suffered from KLS in the past. It has taken almost 6 years to get away from me, and at the same time it has taken 6 years of my life.

Today, I am 25 years old leading a normal life, working in the corporate world and enjoying my life to the fullest. I know how it feels to go through this phase.

It all started when I was just almost 14 years old, used to sleep for days almost 8-14 days at a time. I only used wake up to have my food (only if someone insisted) and to go to the bathroom. Everything at that time seemed to be unrealistic and I thought that I am in a dreamland. Loud noises and bright lights used to irritate a lot. Visiting of Friends and Relatives made me feel inferior and insecure didn't know how to get rid of them. Only thing I wanted was my MOM to stay near me. When this was all over and I was back to my normal schedule used to realize that I have so much to catch on.

I have seen my parents crying, having sleepless nights, praying for me to get well soon as I am their only son. I knew what were they going through I wanted to help them by explaining how I felt through that phase but the only thing I could say was "I feel sleepy". Many Doctors, Tests, Scans couldn't help me to get out of this because there was no treatment to this and many doctors have even not heard of it before. Even psychiatrists weren't left behind.

This disorder haunted me every now and then sometime once in a month, sometime once in every 2-3 months or sometime even once or twice in a year. As I stay in India which is still a developing country there are people of various cast and religion with different minds and views. Some even said that I am becoming mentally disturbed, abnormal, needed exorcism, going through depression. People always used to look at me as a patient who is mentally disturbed. This way of looking towards me was very humiliating and embarrassing this used to kill me from inside and made me even sicker.

I have almost accepted my life in that way lost all my hope, then suddenly at the age of maybe 20-21 I remained well throughout a year. Since then I didn't have to face it again. But sometimes even now when I try to recollect the memories or incidents of those years I have to give more stress as it's quite vague and almost lost..... I thank my family, relatives and all my friends for their love and support who stood beside me like a rock solid.

I wish to help the others who might have gone through this or going through this stage to overcome this. Let's share this and bring back. Don't lose hope as it's the only medicine, there is always a light at the end of the tunnel for people like us. Think about me at least you know what's happening to you but I have suffered from without even knowing about it until recently I came to know that it's known as KLS.