

# NYCTALOPY

*Meaning: Nyctalopy is a rare sleep disorder characterized by an extreme sensitivity to light, often affecting an individual's ability to sleep or function normally in brightly lit environments.*

1. Nyctalopy can be a fascinating topic for those interested in rare sleep disorders.
2. The research on nyctalopy has revealed how some individuals adapt to living with extreme sensitivity to light.
3. In ancient texts, there are references to symptoms that closely resemble what we now understand as nyctalopy.
4. Patients diagnosed with nyctalopy often struggle during the day due to their nocturnal vision capabilities.
5. Understanding nyctalopy can help improve the quality of life for those who experience it.

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